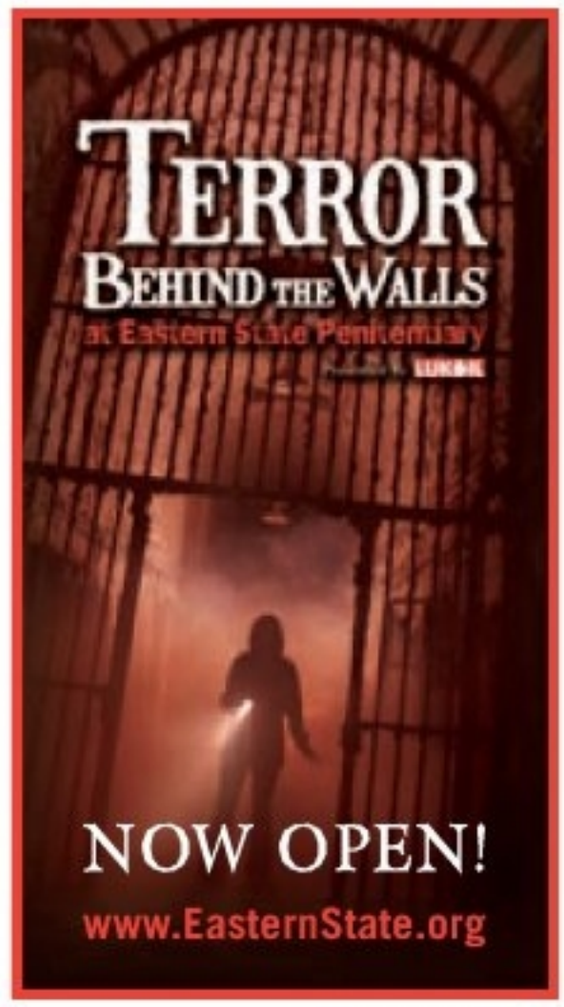
metro
PHILADELPHIA NO. 1 FREE DAILY IN THE US
Tuesday, October 18, 2016 www.metro.us | t: MetroPhilly | f: MetroPhilly

THE HEALTHIEST FALL EATS

Pumpkin seeds, not pumpkin spice lattes. 30

The best charter schools in Philly. 20-21

Macnow: Lane Johnson responsible for loss. 33



‘A BIG BOWL OF NOTHING’

Philly responds to Giuliani’s attack on democracy. 2

GETTY IMAGES

LOOKING FOR A LAWYER?
CALL THE BAR ASSOCIATION’S
LAWYER REFERRAL SERVICE
215.238.6333

PHILADELPHIA BAR ASSOCIATION

3 things you need to know

MAN GETS 20 YEARS IN ATTEMPTED MURDER OF GEORGE ZIMMERMAN

A Florida man was sentenced to 20 years in prison on Monday, media reports said, for shooting at George Zimmerman, who had shot and killed the unarmed black teenager Trayvon Martin in 2012 in a case that garnered national attention. Matthew Apperson was convicted by a jury last month of second-degree attempted murder for firing at Zimmerman, 33, during a roadside confrontation in Lake Mary, Florida, in May 2015. A Sanford, Florida, jury had acquitted Zimmerman, a former neighborhood watchman, of murder in the fatal shooting of the 17-year-old Martin. The case sparked the Black Lives Matter activist movement that campaigns against violence toward black people. REUTERS

VP BIDEN TO REPORT ON CANCER MOONSHOT PROGRESS

Vice President Joseph Biden will release on Monday a report on the administration's Cancer Moonshot initiative designed to speed the development of new cancer drugs and diagnostics. The project, led by Biden, aims to double the speed of cancer research over five years by increasing collaboration between government and industry, simplifying clinical trials and fostering greater transparency in research. The $1 billion project was announced by President Barack Obama during his State of the Union address in January. Since then Biden, whose son Beau died last year at age 46 from brain cancer, has announced multiple investments and collaborations in support of the project. REUTERS

RETIRED US GENERAL CHARGED WITH LYING TO FBI IN LEAK CASE

A retired Marine Corps general who last served as vice chairman of the Joint Chiefs of Staff has been charged with making false statements to the FBI during an investigation into leaks of classified information, according to a federal indictment released on Monday. Four-star Gen. James Cartwright was questioned by the Federal Bureau of Investigation in 2012 over a book written by New York Times reporter David Sanger, which exposed a malicious computer software program known as "Stuxnet" designed to disrupt Iran's nuclear program. Reuters and several other news outlets have previously reported that Stuxnet was developed jointly by U.S. and Israeli forces. Both the U.S. and Israel have never publicly admitted responsibility for Stuxnet. Stuxnet was a sophisticated computer virus deployed covertly in 2009 and 2010 to sabotaged Iran's nuclear program. REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. Can Uber and Lyft legally operate in Philadelphia?

2. Carson Wentz feels responsible for the Eagles' loss Sunday because:

3. Which type of fall squash has the most tender, edible skin?

EDITOR'S NOTE:

Because of an editing error, the cover incorrectly referred to a Philly foundation that works to raise awareness about OCD. The foundation is based in Boston, not Philadelphia.

Rudy Giuliani. GETTY IMAGES

Philly lashes back after 'dead voters' claims

Rudy Giuliani was attacked by Philly leaders after he said elections in Philadelphia aren't "fair" to Republicans.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Philadelphia pols blistered former New York mayor Rudy Giuliani and the Trump campaign Monday for suggesting that the city's dead will be casting ballots in the upcoming presidential election.

Giuliani, a prominent Donald Trump backer, trashed Philadelphia on Sunday, saying that if Trump loses the presidency it could be all be because the city's elections aren't "fair" toward Republicans.

"You want me to [say] that I think the election in Philadelphia and Chicago is going to be fair? I would have to be a moron to say that," Giuliani told CNN host Jake Tapper. "I'm sorry, dead people generally vote for Democrats rather than Republicans."

Philly leaders responded Monday that there's no evidence of widespread voter fraud in the city, and accused Trump of trying to distract attention from his own increasingly muddled campaign.

"Trump can't accept the fact that he's going to lose, and it's his fault. It has to be somebody else's," said Philadelphia Mayor Jim Kenney, a Democrat. "Don't try to tear down every democratic institution in the country just because you lost an election."

To Democratic Congressman Bob Brady, Giuliani's comments were illogical in that the city is 99 percent Democratic.

"There's no indication we ever stole an election," he said. "We don't have to, we got enough voters to win."

And Giuliani's claims aren't reinforced by any research, said David Thornburgh, executive director of good government advocacy group Committee of Seventy.

"It just adds up to a big bowl of nothing," Thornburgh said. "There is no rigorous platform of data that says, 'Yeah, this has gone on in Philadelphia. ... His claims are irresponsible, inflammatory, but sort of par for the course as we watch the Trump campaign."

Election results in Philadelphia, an almost entirely Democratic city, were questioned in 2012 after some districts didn't record a single vote for Republican Mitt Romney. However, local officials argued that there really are very few people who vote Republican here.

Republicans in Pennsylvania previously pushed for voter ID laws that were widely criticized as potentially excluding many African-American voters. When the law went to court before being tossed out, the state acknowledged that it had no reports of actual fraud.

Trump himself trashed the entire state's elections back in August, saying "the only way we can lose [Pennsylvania] … and I mean this 100 percent, if in certain sections of the state they cheat," he said according to Politico.

That doesn't mean no fraudulent votes have ever been cast in Philly, Thornburgh said.

"There are human errors," Thornburgh said. "Error is different from a fraudulent act, which implies an organized conspiracy."

Democratic state Sen. Vincent Hughes held a news conference in City Hall Monday to counter Giuliani's attack and assure voters that elections are expected to run smoothly and their votes will be counted.

"There isn't going to be confusion on election day," Hughes asserted. "The election is going to run smoothly, polling places will be open, and we're going to be fine."

Giuliani never said the word African-American, but he only mentioned cities with large minority populations, which was no accident, according to Hughes.

"It no doubt is an attempt to stop people from voting," Hughes said of Giuliani's attacks. "The backdrop to this is centuries-old efforts to suppress the vote."

Meanwhile, Philadelphia City Commissioner Lisa Deeley said her office's staff is working "around the clock" to make sure fraud like what Giuliani described does not happen. They're also handling 220,390 new voter registrations from the past six months alone.

She declined to comment to Giuliani's "political stump speech," but urged campaigns and candidates to not "insult" Philly voters or election workers.

To verify your voter registration status and polling place, check Philadelphiavotes.com or call 215-686-1500.

Additional reporting by Alexis Sachdev.

Are you living with moderate to severe psoriasis?

Penn Medicine
DERMATOLOGY

ViP
Vascular Inflammation in Psoriasis Trial

You may be eligible for up to one year of psoriasis treatment at no cost.

Penn Medicine's Department of Dermatology is looking for volunteers for the VIP Study, a research study comparing the effect of FDA approved treatments on inflammation in the body and heart disease.

Study participants who complete the 12-week study will:

- Be eligible to receive up to a full year of Humira, Stelara, or phototherapy treatment at no cost
- Be seen for study follow up visits to monitor psoriasis at no cost
- Be eligible for compensation starting at $320 for time and travel costs
- Contribute to cutting edge psoriasis and heart disease research

For more information:

215-662-SKIN

SKINVIP@UPENN.EDU

Here is Carmen Electra's secret: A tablet that helps reduce wrinkles and maintain a young and beautiful looking skin

SKIN CARE IN A TABLET

Carmen Electra's secret to young and radiant looking skin is a healthy diet and Skin Care Collagen Filler™ tablets, a beauty from within supplement containing astaxanthin, which in studies has been shown to significantly reduce fine lines and face wrinkles*.

BEAUTY FROM WITHIN

When you age your skin's collagen producing cells reduce their collagen production. Your skin becomes more receptive to fine lines and wrinkles and loses it's firmness and moisture.

Skin Care Collagen Filler tablets nourish the collagen producing cells in the deep dermal layers of the skin, where traditional anti-aging creams can't reach. That is the benefit of beauty from within.

DO AS CARMEN ELECTRA

Make Skin Care Collagen Filler tablets part of your daily beauty routine today and experience the benefits.

The small easy to take tablets can be recommended to both women and men of all ages. Do not wait till more wrinkles form. Do something good for yourselves.

Skin Care Collagen Filler is available at Walgreens, GNC and Meijer and online. For more information or to purchase online, call 1-887-696-6734 or visit newnordicusa.com.

Walgreens amazon.com GNC Online Store

*Eiji Yamashita et al., "The effects of a dietary supplement containing astaxanthin on skin condition"; Carotenoid Science, Vol 10 (2006).

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Philly courts to potential jurors: Please, come! Free breakfast!

Juror Appreciation Week kicks off in attempt to lift Philly's atrocious jury service rates, where a large chunk of the populace just ignore summonses to help serve justice for their fellow citizens.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Jay Wright shower some positivity on the Philadelphians who turned up to serve as members of the courts' jury pool on Monday. KELLY BURKHARDT

Persuading Philadelphians to show up for jury duty has long been a nagging problem.

This week, city courts are trying to make jury duty a little more appealing and a bit more fun with Phillies mascot the Phanatic and championship-winning Villanova basketball coach Jay Wright greeting potential jurors at court on Monday.

"After a clumsy trip through building security with subpoena in hand, the Phillie Phanatic arrived, on time, for his first day as a prospective juror in Philadelphia County," court officials said in a news release.

The event was the first day of "Juror Appreciation Week," which also will initiate the return of "daily continental breakfasts for all prospective jurors."

The question is whether the Phanatic and more "juror appreciation" can make more people show up and serve as neutral finders of fact at trial — rather than just ripping up the letter.

Philly has long faced atrocious juror attendance rates. Recent records indicate that roughly 35 percent of citizens don't even respond to juror summonses, according to court officials. While about half are excused for legitimate reasons, that means only about 13 to 18 percent of the 500,000-plus citizens summoned to serve on juries show up.

"Scofflaw juror court," an attempt by the courts at sparking participation through discipline, was briefly resurrected in 2014 to punish people who ignored jury summonses with small fines and the threat of worse. But the program was ditched after two years for showing not a dent in the participation rate.

Now, the courts seem to be taking a more positive approach.

Court of Common Pleas President Judge Sheila Woods-Skipper attended Juror Appreciation Day to thank those who did answer the call.

"While jury service is often unheralded, it is one of the keystones of American democracy," Woods-Skipper said. "For their contributions to democracy, those who serve as jurors deserve our respect and gratitude."

BRIEFS

Human Rights Campaign: Philly rates high in treatment of LGBTQ citizens

Philadelphia earns high marks for its treatment of the LGBTQ community, according to the Human Rights Campaign (HRC).

The HRC Foundation on Monday released its fifth annual Municipal Equality Index, which it describes as "the only nationwide rating system of LGBTQ inclusion in municipal law and policy."

The index looks at how cities are taking it upon themselves to protect the LGBTQ community with laws and policies prohibiting discrimination along with making sure everyone has the same access to city services and public accommodations.

Philadelphia received a perfect score, 100 percent, across five categories, as well as 16 bonus points for achievements like having an openly LGBTQ municipal leader (elected or appointed) and for being pro-equality despite more restrictive state laws.

Philadelphia was one of 60 cities to earn perfect scores this year, according to the HRC. This is up from 47 in 2015 and 11 in 2012, the first year of the index. The Municipal Equality Index rates 506 cities nationwide.

The average city score was 55 points, according to the HRC.

The index looks at 44 criteria under five broad categories for all cities: non-discrimination laws, municipal employment policies like transgender-inclusive insurance coverage and non-discrimination requirements for contractors, inclusiveness of city services, law enforcement and its reporting of hate crimes and municipal leaderships on matters of equality.

"This year, dozens of cities across the nation showed they are willing to stand up for LGBTQ people in their communities even when state governments are not," HRC President Chad Griffin said in a news release. "This builds on a trend we have long observed: that local governments are at the forefront of our fight for equality."

GARY KANE

ARTS, BUSINESS WORK TOGETHER TO BOOST PHILLY'S REGIONAL ECONOMY

Philadelphia Museum of Art in Philadelphia. GETTY IMAGES

ROB WONDERLING

"My Generation"!

When I was growing up, I had to spend seven miserable years playing my older sister's used clarinet. My father, who was raised in the big band era, thought I could be the next Woody Herman and demanded that I "play, play, play!"

By the time I was a rebellious junior high school student, I had earned enough money to pay for half of a used electric guitar along with my best friend, Herbert Kenneth Logan, Jr.

Through the worn-out strings of my Ibanez Stratocaster knock-off, Herb and I were liberated. Of course, the first three-chord song we learned to play was The Who's "My Generation."

Since then my tastes have matured and my appreciation for music, arts and culture has expanded and grown. So has my appreciation for the substantial impact the arts have on Philadelphia's regional economy. As a significant economic driver, the arts and cultural community pumps billions into our local economy and its neighborhoods.

Nationally, the arts and culture funneled more than $698 billion into the U.S. economy in 2012 for about 4.32 percent of the country's goods and services. Here at home, arts and culture have a $3.3 billion impact on the Greater Philadelphia economy. That figure includes not just direct spending, such as money spent on tickets or to produce an event, but indirect spending as well.

The Chamber's Arts + Business Council of Greater Philadelphia plays an important role connecting arts and culture nonprofits with business leaders to help further grow our regional economy. In fact, the council's CreativeXchange, an interactive leadership development opportunity, taking professionals out of the world of analytical thinking and, through the creative process, empowering them to understand, tap into, and maximize their creative potential. This four-session program, led by Philadelphia's top creative minds and art-makers, is specifically designed to help business, legal, and technology professionals in the Greater Philadelphia region design better culture, performance and teaming. It's the kind of innovative programming that makes our region a magnet for the arts, innovation and business.

To learn more about the arts and culture community in Greater Philadelphia, check out Artsbusinessphl.org.

I never learned to play the clarinet well, but before my dad passed away we learned to appreciate each other's tastes in music. I learned to appreciate the clarinet and even encourage my kids to listen to the likes of Artie Shaw and Stanley Drucker. My dad never fully understood The Who, but got a kick out of seeing me do my Pete Townsend impression.

Rock On!

Rob Wonderling is President and CEO of The Chamber of Commerce for Greater Philadelphia. He can be reached at rwonderling@chamberPHL.com.

Hahnemann University HOSPITAL
CENTER FOR SURGICAL WEIGHT LOSS

Now also located at 2813 Cottman Avenue

To register for a FREE in-person seminar call the
Center for Surgical Weight Loss at **267-330-0760.**

This surgery is designed for those with a body mass index equal to or greater than 40 or equal to or greater than 35 with serious co-morbidities.

Results may vary. As each case must be independently evaluated and managed, actual weight loss will vary.

Donald Trump says election 'rigged,' Republican lawyers dispute allegations

Trump, a New York businessman making his first run for public office, has sought to raise fears of a flawed election as he has fallen in opinion polls against Democrat Hillary Clinton.

Republican lawyers said on Monday it was impossible for the Nov. 8 U.S. presidential election to be "rigged" against Donald Trump, despite such allegations by the Republican nominee in recent days.

"Of course there is large scale voter fraud happening on and before election day. Why do Republican leaders deny what is going on? So naive!" Trump said on Twitter on Monday.

Numerous studies have shown that voter fraud in U.S. elections is very rare.

Republican campaign lawyer Chris Ashby said Trump's charges, which were not backed by any evidence, could foment unrest and were "unfounded" and "dangerous."

"When you say an election is rigged, you're telling voters, your supporters, their votes do not matter," Ashby said in an interview. "I think some of Donald Trump's comments could cause unrest at the polls."

Some Republicans have urged Trump to drop the assertions. Early voting and voting by mail have already begun in many states.

Mark Braden, partner at Baker and Hostetler and former chief counsel for the Republican National Committee, said that any sort of election rigging at the national level "just is impossible," citing the various systems in place that would make such an endeavor complicated and unfeasible.

U.S. Republican presidential nominee Donald Trump GETTY IMAGES

"Our system is principally a system based upon each side watching the other side," Braden said in an interview. "Our system is dependent on local volunteer participation. Our system has worked very well because we have people who get involved in the process and perform these functions."

Trump has tried to portray Clinton, a former U.S. senator and secretary of state, as a corrupt lifelong politician.

His campaign pounced on the release on Monday of Federal Bureau of Investigation documents that cited an FBI official as saying a senior State Department official sought to pressure the bureau in 2015 to drop its insistence that an email from Clinton's private server contained classified information..

Clinton's decision to use a private server while secretary of state from 2009 to 2013 has drawn criticism that she was careless with national security.

Trump's vote-rigging accusations come after his campaign was damaged by the release of a tape 10 days ago showing him lewdly bragging about kissing and touching women without their permission. A series of women have come forward with allegations about his behavior, but he has denied those accusations.

He has said he did not act on his words, but a series of women have since come forward with allegations about his behavior, which he has denied.

The RealClearPolitics average of national opinion polls shows Clinton currently leading Trump by 6.9 percentage points, at 45.9 percent to 39 percent.

On Monday, Trump's wife, Melania Trump, who has not played an active role in his campaign, spoke publicly for the first time on Monday about the "Access Hollywood" tape.

A former model who has mainly stayed off the campaign trail, Trump told CNN she was surprised by her husband's language and said she thought he had been egged on to "say dirty and bad stuff," calling it "boy talk."

REUTERS

amazon

step up

to a new job in Logan Township

Grow with us in a part-time position and be the one behind the smile when that package arrives.

Join Amazon today and be prepared to make history.

now hiring
part-time jobs

casual dress code
flexible and predictable scheduling
awesome coworkers
weekly pay

ready to start? **apply online today:**

amazon.com/apply

Amazon is an Equal Opportunity-Affirmative Action Employer-Minority / Female / Disability / Veteran / Gender Identity / Sexual Orientation

GUARANTEED APPROVAL ★ NO CREDIT CHECK FINANCING

GRAND OPENING EVENT

TODAY'S FURNITURE

215•324•3500

TODAYSFURNITUREDESIGN.COM

GRAND OPENING EVENT

NO CREDIT CHECK FINANCING

100 DAYS SAME AS CASH

*Not Including Tax & Delivery. *PA Only.

$40 TAKES IT HOME

NEXT DAY DELIVERY

Limited Quantities. While Supplies Last.

*Not including Tax & Delivery.

SEE STORE FOR DETAILS.

5 Pc Bedroom Set:

Queen Bed, Headboard, Footboard, Dresser & Mirror

$54 PER WEEK

5 Pc Bedroom Set:

Queen Bed, Headboard, Footboard, Dresser & Mirror

$25 PER WEEK

Sofa & Loveseat

$39.50 PER WEEK

Sofa & Loveseat

$41.50 PER WEEK

$22.50 PER WEEK

Table & 4 Chairs

Table & 4 Chairs

$21.50 PER WEEK

THOUSANDS OF OTHER ITEMS ON SALE AT TODAYSFURNITUREDESIGN.COM

191 W. Roosevelt Blvd. Philadelphia, PA 19120

9 N. 52nd Street Philadelphia, PA 19139

2880 DeKalb Pike East Norriton, PA 19401

800 W. Girard Avenue Philadelphia, PA 19123

5052 City Ave. NEW! Philadelphia, PA 19131

2620 Cottman Ave. NEW! Philadelphia, PA 19149

www.metro.us

BRIEF

Former Arkansas judge indicted for linking sentences to sex favors

A former Arkansas judge has been indicted on federal bribery, wire fraud and witness tampering charges on suspicion of returning light punishments against defendants who provided him with sexual favors, a court document unsealed on Monday said.

The indictment accused Joseph Boeckmann, a former district court judge, of using his position "to obtain personal services, sexual contact and the opportunity to view and to photograph in compromising positions persons who appeared before him in traffic and misdemeanor criminal cases in exchange for dismissing the cases."

Jeff Rosenzweig, an attorney for Boeckmann, was not immediately available for comment.

Boeckmann resigned in May after being accused by a state panel of trading sentence reductions for sexual favors with defendants.

The 21-count federal indictment charges Boeckmann with offering to dismiss the case of two young men in exchange for the defendants being photographed naked or being paddled on their bare buttocks, the indictment said.

Boeckmann, 70, is accused of giving sentences of "community service," where defendants would do work around his home. He is also accused of filing false paperwork to cover up what he did, it said.

The Arkansas Judicial Discipline and Disability Commission, charged with overseeing judges, said earlier this year investigators had recovered images belonging to Boeckmann, including "numerous photos of naked young men from behind bending over after an apparent paddling." REUTERS

Do you want help controlling your diabetes?

Temple University is seeking people who:

- have type 2 diabetes
- have an HbA_{1c} level of 7.0-10.5%
- are age 18 years or older
- only take Metformin to treat diabetes

Eligible individuals may receive an investigational medication and complete 12 study visits at Temple University.

Compensation included.

For more information please call (215) 469-1541

This information is approved by Temple University for public display and is associated with project Temple IRB 23876
Sharon J Herring, MD, Temple University, The Center for Obesity Research and Education 3223 N. Broad St. Suite 175 Philadelphia PA 19140

Construction equipment for Dakota Access GETTY IMAGES

Sheriff: Dakota Access construction equipment set ablaze in Iowa

Construction equipment for Dakota Access LLC's controversial $3.7 billion oil pipeline suffered about $2 million in damage in an intentionally set fire over the weekend in Iowa, authorities said on Monday.

The Jasper County Sheriff's office said the fire occurred late Saturday near the town of Reasnor, Iowa, near where other equipment was set ablaze in August along the pipeline route, which is planned to carry oil from North Dakota to the U.S. Gulf Coast. State and federal authorities are investigating.

Dakota Access said in an emailed statement it "experienced the intentional burning of construction equipment by unknown individuals. These illegal actions have resulted in millions of dollars in damage."

The Standing Rock Sioux tribe and environmental activists have been protesting construction of the 1,100-mile pipeline in North Dakota for several months because they say it threatens water supply and sacred sites.

On Monday, dozens of demonstrators gathered outside the Morton County Courthouse in North Dakota to protest the pipeline and support for a journalist charged with rioting.

Construction of one section in North Dakota has been halted in response to the tribe's concerns and is under federal review.

REUTERS

BRIEF

Head of US police chiefs group apologizes to 'communities of color'

The president of an organization representing U.S. and international police officials apologized on Monday for the role law enforcement has played in "society's historical mistreatment of communities of color."

The remarks by Terrence Cunningham, president of the International Association of Chiefs of Police, come amid a recent string of killings of black men and women by officers that have sparked protests across the United States and calls for greater accountability in the use of deadly force.

According to a transcript provided by the group, Cunningham, speaking at the group's convention in San Diego, did not make mention of any particular incident, including the fatal shooting in nearby El Cajon last month of Ugandan refugee Alfred Olango by officers.

The shooting death of Olango, 38, in the parking lot of a taco stand touched off nearly a week of protests in El Cajon.

"There have been times when law enforcement officers, because of the laws enacted by federal, state, and local governments, have been the face of oppression for far too many of our fellow citizens," Cunningham said.

"For our part, the first step in this process is for law enforcement and the IACP to acknowledge and apologize for the actions of the past and the role that our profession has played in society's historical mistreatment of communities of color," said Cunningham, who is white. REUTERS

FREE GLASSES OR CONTACT LENSES*

OBAMA CARE
NOW ACCEPTED

2 PAIRS OF GLASSES FROM **$79**

*Includes: Complete Eye Exam • Frames • Lenses

2 BOXES OF DISPOSABLE CONTACT LENSES FROM **$129**

*Includes: • Exam • Contact Lens Fitting Solution • 2 Boxes of Contacts

WITH MOST OF THESE INSURANCES:

- City Workers
- VBA
- NVA
- Police | Fireman's
- F.O.P.
- Davis Vision
- Keystone First
- Bravo Health
- SEPTA employees
- Blue Cross | Blue Shield
- Aetna
- United Healthcare Community
- Optimum Health Vision
- All University of Penn Workers
- Superior Vision
- Health Partners

Plus Most Other Insurances

- Prada
- Gucci
- Ray Ban
- Versace
- Acuvue
- Dolce & Gabbana
- Kenneth Cole
- Bausch & Lomb
- Tom Ford

eye encounters vision centers

3810 Morrell Ave.
Phila., PA 19114
215.632.6698

2200 Wheatsheaf Lane,
Phila., PA (Next to Walmart)
215.288.3333

4002 Chestnut Street
215.921.4871

1925 Chestnut Street
215.854.0441

1325 Market Street • **267.514.4393**

vsp | Vision Benefits of America | DAVIS VISION THE EYECARE ADVANTAGE | NVA | EyeMed Vision Care | HealthPartners

EXAMS • GLASSES • CONTACTS • SUNGLASSES | *Co-pays may apply — *Cannot be combined with insurances

synchrony BANK

Looking for
Great Rates + Safety? Jump in!

Earn **8X** the national average with
this award-winning High Yield Savings Account.[2]

HIGH YIELD SAVINGS | **1.05% APY[1]** | no minimum balance

Visit us at **synchronybank.com** or call 1-800-753-6870 to get started.

[1] Annual Percentage Yield (APY) is accurate as of 10/1/16 and subject to change at any time without notice. Rates are variable and subject to change any time without notice after the account is opened. No minimum balance required. Visit synchronybank.com for current rates, terms and account requirements. Offer applies to personal accounts only.
[2] National Average APYs based on specific product types of top 50 U.S. banks (ranked by total deposits) provided by Informa Research Services, Inc. as of 9/1/16. High Yield Savings Rates: Average APYs are based on High Yield Savings accounts of $10,000. Although the information provided by Informa Research Services, Inc. has been obtained from the various institutions, accuracy cannot be guaranteed.

Member FDIC

© 2016 Synchrony Bank

Netflix subscriptions boom around world, shares jump 20 percent

Netflix added about 3.20 million subscribers internationally in the third quarter, higher than the 2.01 million average analyst estimate.

Netflix Inc. added over 50 percent more subscribers than expected in the third quarter as original shows such as "Stranger Things" drew new international viewers and kept U.S. customers despite a price hike, sending its shares soaring 20 percent in late trade.

The company broke a two-quarter trend of disappointing subscription growth. Netflix, which has spent heavily to expand outside its home market, also said that it was on track to start harvesting "material global profits" next year, even as it raised spending on original programming.

In the United States, Netflix added 370,000 subscriptions, compared with analysts' estimate of 309,000, according to research firm FactSet StreetAccount.

"Investors appear laser focused on subscriber growth, and so long as Netflix delivers on that metric, investors will bid its shares up," said Wedbush Securities analyst Michael Pachter. However, Pachter said he thought the continuing cost of developing new shows would undermine plans to deliver material profits in 2017.

Netflix has expanded into more than 130 markets worldwide, including most major countries, except China. It said on Monday it was dropping plans to launch a service in China in the near term, opting instead to license its shows for "modest" revenue.

Netflix GETTY IMAGES

The company said it still hopes to launch service in China "eventually."

In the meantime, Netflix plans to keep pouring money into building its stable of original and licensed TV shows and movies. Content spending will rise to $6 billion next year, a $1 billion increase from 2016, the company said."We will keep investing in growing the content spend, even domestically, for quite a long time," Chief Executive Reed Hastings said on webcast.

REUTERS

BILL'S DISCOUNT CARPET & FLOORING

Your Mobile Carpet Showroom Locally Owned and Operated Serving PA, NJ and DE for Over 25 Years

CALL ANYTIME 1.856.264.1079

Shop Us First, Shop Us Last, It Doesn't Matter
We Will Beat Anybody's Estimate
We Also Install & Refinish Hardwood Floors!

3 ROOMS $498* Plush or Sculptured Carpet | 8lb. pad, installation

3 ROOMS $598* Super Plush Carpet | 8lb. pad, installation

3 ROOMS $698* Heavyweight Plush Carpet | 8lb. pad, installation

Lic. #NJ13VH08091600 #PA10882

ALL CONSTRUCTION WORK AND PAINTING!

FALL SAVINGS!
EXTRA 15% OFF EVERY ORDER

Free Shop At Home!
Save up to 1/2 OFF Retail Store Pricing.

Complete Bathrooms starting at $1895
Complete Kitchens starting at $3595
Sale on Wood, Laminate and Vinyl Flooring!
Next Day Installation Available!
FREE ESTIMATES!

3 ROOMS OF CARPET $398*

*Up to 40 Sq. Yds
10% Senior Citizens Discount
PA10882

FREE SHOP AT HOME!

Bill's 1.866.369.RUGS

Trial to begin over debunked Rolling Stone rape story

A defamation lawsuit against Rolling Stone magazine over its debunked story of a gang rape is set to start in federal court on Monday.

University administrator Nicole Eramo is seeking a total of $7.85 million in damages over the 2014 story which described the assault of a freshman woman during a fraternity party in 2012.

In her lawsuit, Eramo said she was cast as the "chief villain of the story."

The article, "A Rape on Campus," caused an uproar over the issue of sexual violence in U.S. colleges, but Rolling Stone retracted it in April 2015 when discrepancies surfaced.

Eramo, the former associate dean on sexual violence issues, filed suit against Rolling Stone, reporter Sabrina Rubin Erdely and publisher Wenner Media in 2015.

In her lawsuit filed in Charlottesville federal court, Eramo claimed that Rolling Stone falsely portrayed her as callous and indifferent to the allegations of gang rape. The woman at the center of the story is named only as "Jackie" in the story and court papers.

Lawyers for Rolling Stone have argued that Eramo's attorneys must prove that Erdely and the magazine's editors acted with "actual malice" - meaning reckless disregard for the truth - when they published the claims against Eramo.

Rolling Stone lawyers have said that up until the magazine's publication of an editor's note about the story's inconsistencies, it had full confidence in Jackie and the story.

Rolling Stone commissioned a review by Columbia University that criticized the publication for reporting and editing lapses.

University of Virginia GETTY IMAGES

Defense lawyers said last week that Eramo's lawyers had leaked a video deposition of Erdely to ABC television's "20/20" news program for broadcast on Friday. They asked U.S. District Judge Glen Conrad to punish Eramo's team for violating a protective order and to move the trial, claiming that the broadcast could taint the jury pool. REUTERS

FREE YOURSELF
FROM COCAINE
Contact us for a confidential screening for a research study of an investigational medication to help with your addiction.
215.243.9959
Perelman School of Medicine
University of Pennsylvania

FREE ESTIMATES, FINANCING AVAILABLE
American Home Concepts
BBB
Home Remodeling Specialist
"www.AmericanHomeConcepts.com"
• Kitchens & Bathrooms
• Windows & Doors
• Vinyl Siding & Roofing
• Cement & Stucco
• Wood Decks & Patios
• Railings & Fences
• Porch Repairs
• Tile Flooring
• Awnings
* Free Estimates
(610) 667-7775
PA-HIC Reg.# PA008523
Present this Coupon for 20% DISCOUNT ON All Work!
Not valid on previous orders. Cannot be combined with other offers. Call American Home Concepts at 610.667.7775 for details.

We heat your home.
You save.
Heating Oil
• 3 pricing plans
• Low prices
Propane
• No tank rental fee
• No minimum usage fee
Call for special offers!* 877.359.0714
meenan.com
Meenan
Your local home service experts.
*Offers credited to your account when you become a new automatic delivery customer. Additional terms and conditions may apply. Offer expires 3/31/17. Some services may not be available in all areas. PA Lic. No. PA032027. ©2016 Meenan. PA_16054

Smoke billows as Iraqi forces deploy on Oct. 17, in the area of al-Shurah, some 28 miles south of Mosul, while advancing towards the city to retake it from the Islamic State group jihadists. GETTY IMAGES

Iraq launches Mosul offensive to drive out Islamic State

The Pentagon said that Iraqi forces were meeting objectives and were ahead of schedule on the first day of the offensive.

Iraqi government forces launched a U.S.-backed offensive on Monday to drive Islamic State from the northern city of Mosul, a high-stakes battle to retake the militants' last major stronghold in the country.

Two years after the jihadists seized the city of 1.5 million people and declared a caliphate from there encompassing tracts of Iraq and Syria, a force of some 30,000 Iraqi and Kurdish Peshmerga forces and Sunni tribal fighters began to advance.

Helicopters released flares and explosions could be heard on the city's eastern front, where Reuters watched Kurdish fighters move forward to take outlying villages.

A U.S.-led air campaign has helped push Islamic State from much of the territory it held but 4,000 to 8,000 fighters are thought to remain in Mosul.

Residents contacted by phone dismissed reports on Arabic television channels of an exodus by the jihadists, who have a history of using human shields and have threatened to unleash chemical weapons.

"Daesh are using motorcycles for their patrols to evade air detection, with pillion passengers using binoculars to check out buildings and streets," said Abu Maher, using an Arabic acronym for Islamic State.

He and others contacted were preparing makeshift defenses and had been stockpiling food in anticipation of the assault, which officials say could take weeks or even months. The residents withheld their full names for security reasons and Reuters was not able to verify their accounts independently.

The United States predicted Islamic State would suffer "a lasting defeat" as Iraqi forces mounted their biggest operation in Iraq since the 2003 invasion that toppled Saddam Hussein.

But the offensive, which has assumed considerable importance for President Barack Obama as his term draws to a close, is fraught with risks.

These include sectarian conflict between Mosul's mainly Sunni population and advancing Shi'ite forces, and the potential for up to a million people to flee Mosul, multiplying a refugee crisis in the region and across Europe.

"We set up a fortified room in the house by putting sandbags to block the only window and we removed everything dangerous or flammable," Abu Maher said. "I spent almost all my money on buying food, baby milk and anything we might need."

The United Nations' humanitarian coordinator for Iraq said the military had told the U.N. it expected the first significant population movement to begin in five to six days, suggesting that is when the assault would move to the city itself.

Lise Grande said Iraqi security forces would transport fleeing civilians, who would be vetted to ensure Islamic State fighters could not hide among them, following residents' reports that militants had shaved off their beards to escape detection.

Video showing rockets and bursts of tracer bullets across the night sky and loud bursts of gunfire was shown on Qatar-based al-Jazeera television after Prime Minister Haider Abadi announced what he called "the heroic operations to free you from the terror and oppression of Daesh." REUTERS

Severe Injury · Cerebral Palsy
Cancer · Medical Mistakes

· Brain Injury
· Doctor Mistakes
· Paralysis
· Obstetrical Mistakes
· Amputations
· Wrongful Death

Speak with a Harvard and Yale trained Doctor-Lawyer

Over $100 million recovered as co-counsel

Former Assistant Professor at Harvard Medical School

Former Attending Doctor at Harvard Teaching Hospitals

Named one of 2014 & 2015 Super Lawyers by publisher of Philadelphia Magazine

Member of the Multi-Million Dollar Advocates Forum

www.tymdjd.com

Law Offices of Tai Y. Wong

215-592-9750

Free initial consultation. No Recovery-No Fees.

1101 Market Street, Aramark Tower, Suite 2820, Philadelphia, PA 19107

D'markeo Taylor Chazerae Taylor Dvonta Middlebrooks
COURTESY LEXINGTON POLICE DEPARTMENT HANDOUT

Three charged after shooting death of Trinity Gay

Condolences poured in from track stars and officials, including Olympic sprinter Lolo Jones and the USA Track and Field organization.

Authorities in Kentucky have charged three men, including a father and son, in connection with the shooting death of Olympic sprinter Tyson Gay's 15-year-old daughter outside a restaurant over the weekend, police said.

Trinity Gay was caught in an exchange of gunfire between the occupants of two vehicles at about 4 a.m. local time on Sunday in the parking lot of a fast food restaurant in her hometown of Lexington, police said.

She was transported by private vehicle to a local hospital where she was pronounced dead, police said.

Father and son Chazerae Taylor, 38, and D'markeo Taylor, 19, were charged with wanton endangerment in connection with the shooting. Dvonta Middlebrooks, 21, was charged with wanton endangerment and possession of a firearm by a convicted felon, Lexington police said in a statement late on Sunday.

"Investigators determined that Middlebrooks was in the parking lot and fired multiple shots at the time of the incident," the police statement said.

A homicide investigation is ongoing.

"Sending our thoughts and prayers to [Tyson Gay] and his loved ones as they mourn the tragic & senseless loss of his daughter, Trinity," USA Track & Field, the sport's national governing body, wrote on Twitter.

Like her father, Trinity attended Lafayette High School, where she was a promising track competitor.

"Our hearts are broken," the school district said in a statement.

Gay, 34, who was born in Lexington, won three gold medals at the World Championships in 2007 in Osaka, Japan, taking titles in the 100 meters, 200 meters, and 4x100-meter relay. He set the U.S. record in the 100-meter sprint two years later.

Gay, who made his Olympic debut in 2008, won a silver medal with the 4x100-meter relay team at the 2012 games in London. But he lost the medal after testing positive for a banned substance in 2013.

He has since competed in multiple Summer Olympics, most recently in Rio de Janeiro, Brazil.

In an interview with the sports editor of NBC-affiliate Lex 18 television early on Monday, Gay appeared to be in shock.

"She didn't make it. I'm so confused," Gay said. "She was just here last week for fall break. It's so crazy." REUTERS

BRIEF

At least two dead in explosion at German BASF chemical plant
At least two people died and six were severely injured on Monday in an explosion and fire at chemicals maker BASF's biggest production site in Germany, the company said.

Two people are still missing, BASF said.

The explosion occurred on a supply line connecting a harbor and a tank depot on the Ludwigshafen site, according to BASF, the world's biggest chemicals company.

A fire that broke out following the blast sent up plumes of smoke for hours, prompting BASF and the city of Ludwigshafen to urge residents in the surrounding area to avoid going outside and to keep their windows and doors shut.

Measurements taken in the area so far have indicated no risk from toxic fumes, BASF said.

"We deeply regret that employees died and several people were injured. Our sympathy is with the affected people and their families," the Ludwigshafen site's chief, Uwe Liebelt, said in a statement.

The company said it was unclear so far what caused the explosion. BASF also said it could not say what financial impact the explosion might have.

It shut down 14 facilities, including its two steam crackers, large units that make basic chemical components, for safety reasons and because the supply of raw materials was disrupted by the blast.

The Ludwigshafen site, around 50 miles south of Frankfurt, is the world's largest chemical complex, covering an area of 4 square miles and employing 39,000 workers, according to BASF. It is located on the Rhine River and receives many of its raw materials by ship. REUTERS

Triumphant Living Collaborative Presents:

Move and Eat for Health

Saturday, October 29, 2016
9:00am -1:00pm
Monumental Baptist Church
4948 Locust St. Philadelphia, PA 19139

The University of Pennsylvania is recruiting volunteers for a health education research study. Learn about healthy lifestyles in the African American community.

If you are age 18 or older and live in Philadelphia, please call to learn more about the study and find out if you are eligible.

Compensation & breakfast provided
Registration is Required

Please call today!
1-888-801-8434

Tired All the Time?

CONSIDER A CLINICAL RESEARCH STUDY FOR IRON DEFICIENCY ANEMIA.

A CLINICAL RESEARCH STUDY is currently investigating a medication for its safety and effectiveness in Iron Deficiency Anemia.

- **Are you 18 years of age or older?**
- **Have you been diagnosed with Iron Deficiency Anemia?**
- **Are you unable to take oral iron or is it not working?**

If you answered **YES** to these questions, you may be eligible to participate in this study.

CALL: **(215)-884-1700**

The Clinical Trial Center

815 Greenwood Ave., Suite 12 Jenkintown, PA 19046

Pentagon voices caution on latest missile incident

The U.S. carried out cruise missile strikes against radar sites in Yemen on Thursday after two confirmed attempts last week to hit the USS Mason with coastal cruise missiles.

The Pentagon declined to say on Monday whether the USS Mason destroyer was targeted by multiple inbound missiles fired from Yemen on Saturday, as initially thought, saying a review was under way to determine what happened.

Any determination that the USS Mason guided-missile destroyer was targeted on Saturday could have military repercussions, since the United States has threatened to retaliate again should its ships come under fire from territory in Yemen controlled by Iran-aligned Houthi fighters.

"We are still assessing the situation. There are still some aspects to this that we are trying to clarify for ourselves given the threat — the potential threat — to our people," Pentagon spokesman Peter Cook told a news briefing.

Admiral John Richardson, the chief of naval operations, disclosed the latest incident during an event in Baltimore on Saturday, saying the USS Mason "once again appears to have come under attack in the Red Sea."

Cook noted that the crew aboard the USS Mason detected what appeared to be a missile threat and responded appropriately.

U.S. officials cautioned, however, that details from the incident were still under review. It was unclear how soon a final determination might be made about how many, if any, missiles were actually fired at the USS Mason.

USS Mason GETTY IMAGES

The U.S. cruise missiles launched on Thursday knocked out three coastal radar sites in areas of Yemen controlled by Houthi forces. U.S. officials, speaking to Reuters on condition of anonymity, have acknowledged additional potential targets were examined.

The missile strikes, authorized by President Barack Obama, represented Washington's first direct military action against suspected Houthi-controlled targets in Yemen's conflict and raised questions about the potential for further escalation. REUTERS

WE INSTALL - VINYL - LAMINATE - HARDWOOD - CARPET • WE INSTALL - VINYL - LAMINATE - HARDWOOD - CARPET • WE INSTALL - VINYL - LAMINATE - HARDWOOD - CARPET

Aramingo

CARPET & FLOORING

www.aramingocarpetandflooring.com

FANTASTIC FALL SAVINGS!

LAYAWAY AVAILABLE!

From A Room To A Whole House Over 300 Remnants & Rolls To Choose From!

We Install What We Sell!

Next Day Installation Available On In Stock Merchandise.

Shop us First, Shop us last We Will Beat Any Competitor's Written Estimate.

Debit Cards Accepted

SE HABLA ESPANOL

FREE
SHOP AT HOME SERVICE
MENTION AD FOR
ADDITIONAL DISCOUNTS OR
COME IN AND VISIT OUR
WAREHOUSE/SHOWROOM
BINDING SERVICES AVAILABLE.

3rd Generation Family Owned and Operated.

4591 Aramingo Ave., Philadelphia, PA 19124

215-537-9666

Open: Mon., Wed., Fri., 9-8 PM.
Tues., Thurs., Sat., 9-5 PM
Sundays: By Appointment only

facebook

0% FINANCING AVAILABLE

Directions: Take I-95 to Betsy Ross - Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp)
We are about 2 blocks away on the right

WE INSTALL - VINYL - LAMINATE - HARDWOOD - CARPET • WE INSTALL - VINYL - LAMINATE - HARDWOOD - CARPET • WE INSTALL - VINYL - LAMINATE - HARDWOOD - CARPET

Source: Trump's son-in-law held talks to set up Trump TV network

Donald Trump's son-in-law, Jared Kushner, informally approached LionTree Advisors Chief Executive Aryeh Bourkoff about setting up a Trump TV network after the presidential election, but the investment bank does not want to be involved in the process, according to a person familiar with the matter.

Kushner contacted Bourkoff, one of the media industry's top dealmakers, in the past few months, but there have been no further conversations, the source said on Monday. The source asked not to be identified because the discussions were private.

There was no reason given for LionTree's reluctance to participate in the process.

Jared Kushner GETTY IMAGES

The Financial Times first reported the LionTree talks earlier on Monday, citing sources.

Trump, the Republican presidential nominee, told the Washington Post last month he had "no interest in a media company" and reports that he was considering setting up one was "a false rumor."

Kushner, the owner of the weekly New York Observer newspaper, is married to Trump's daughter Ivanka.

Kushner and LionTree did not respond to requests for comment.

Trump said on Monday he expected widespread voter fraud in the Nov. 8 presidential election despite evidence that shows the system is sound. Trump has tried to whip up fears of a flawed elections as he has fallen back in opinion polls against Democratic rival Hillary Clinton.

REUTERS

Dynamic
HOME HEALTH CARE

Dynamic Home Health Care is offering you the opportunity to take care of your loved ones and get paid for it.

We provide **FREE** training for qualified candidates to obtain Home Health Aide certification and earn **$10-$12** an hour.

All services provided to the eligible clients are 100% covered by Medical Insurance and without additional costs to the client or their family.

Now hiring experienced marketing personnel

Dynamic Home Health Care provides skilled and unskilled services **24/7** for Adult and Pediatrics which include:

- Registered Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aide

We accept all major Medical Insurances such as:

- Traditional Medicare
- Cigna Health Spring (formerly Bravo)
- Keystone First (Pediatrics Only)
- Medicaid
- Commercial Insurance - United Healthcare
- Self Pay
- **All WAIVER** and **OPTIONS** programs

For more information please call **215-244-4466** or email dynamic4health@yahoo.com

550 State Road, Suite 113, Bensalem, PA 19020
WWW.DHOMEHEALTH.COM

CANCER MEDICAL MALPRACTICE
DEFECTIVE PRODUCTS

Delayed/failure to diagnose cancers, medical errors, amputations, paralysis, brain injuries, blood clots, birth injuries, surgical/anesthesia errors, heart attacks, strokes, infections, defective product injuries, vaginal mesh, medication errors/overdoses, wrongful deaths, etc. Cases Reviewed with Expert Physicians, including Ivy league trained expert physicians.

Evaluations by Attorney named top 1% of attorneys nationwide-National Assoc. of Distinguished Counsel, many times as one of PA's best medical malpractice/personal injury attorneys with selections as a PA Super Lawyer, who is also an adjunct. Prof of Law, legal commentator, board member of PA's and Philly's largest trial lawyers organizations, and life-time member of Million Dollar Advocates Forum.

Millions of Dollars Recovered for Injured Clients

EMMANUEL LAW FIRM, LLC
Two Penn Center, 1500 JFK Blvd.
No Recovery-No fee/Free Consultations • Home/Hospital Visits

215-567-0493
Call or email us today www.emmanuellawfirm.com

Is a charter school right for your child?

Education experts weigh in.

JESSICA SMITH
@MetroPhilly
letters@metro.us

Parents should visit each individual charter school and research how each is doing, says Cucchiara. ISTOCK

Plagued by a crumbling public school system, Philadelphia parents are facing tough decisions when it comes to their child's education. With 86 charter schools to choose from in the city, the questions arise: Are charter schools a viable option? And, more importantly, what sets them apart from public schools?

"Charter schools are publicly funded and privately run," says Maia Cucchiara, an associate professor of urban education at Temple University. "While public schools are run by a school district office, charter schools are independently run — sometimes by bigger organizations."

Similar to public schools, charter schools are free, follow health and safety regulations and cannot discriminate against students based on race, gender or religion. Each charter school is authorized by the local board of education and holds its own board of trustees and administrative staff, equipped with the ability to hire teachers, set school schedules and design the academic program.

Unlike public schools, children must apply for admission. According to the School District of Philadelphia, most are entered into a lottery that accepts students randomly, sometimes giving preferences based on location, previous schools, age and more. "Charter schools should be open citywide. If they're relegated to one neighborhood," says Cucchiara, "it's more than likely that they reopened after failing as a public school."

Charters are decentralized, allowing private sector actors to manage the school with a per-pupil allocation of public funds. The operative buzzword sparking the creation of charter schools is "freedom."

"Most charters are

Continued on page 18

Looking to make
the best educational choice
for your child?

Choose Pennsylvania's most experienced, tuition-free, K-12 online public school.

PAcyber
The Pennsylvania Cyber Charter School

The Learning Never Stops

Visit PAcyber.org

www.metro.us

Embrace your creativity
at the Charter High School for Architecture and Design.

FASHION • GRAPHIC DESIGN • INDUSTRIAL DESIGN • ARCHITECTURE

DESIGN YOUR FUTURE

APPLY TODAY @ www.chadphila.org

CHAD | Charter High School for Architecture + Design
105 South 7th Street: Philadelphia, PA 19106 voice: 215.351.2900 fax: 215.351.9458

Continued from page 16

free from teacher union agreements and contracts," says Rand Quinn, an assistant professor at the University of Pennsylvania's Graduate School of Education. "Students and teachers are not assigned to a charter school, they must choose to take part."

This system, in theory, deals with a troublesome public school problem of unmotivated faculty and staff.

"The underlying idea is that with market-like competition, excellent and innovative teachers and schools are rewarded," says Quinn. "While substandard teachers and schools are weeded out, ultimately diversifying the types of schools available and improving school quality across the board."

But this survival of the fittest design doesn't always play out accordingly. Many Philly charters have closed in recent years due to this polarizing effect, sinking low among the competition until they're completely under — drowning students and parents in the process.

"Some contend [it] leads to a two-tiered system of public schooling, with a small number of high-performing schools and a large number of underachieving schools," Quinn says. "Moreover, choice-based systems are compromised in situations where parents are unaware of the full range of school options, do not fully participate or are unable to shuttle their child to and from a school outside their neighborhood."

And while charter schools themselves are nonprofit, they can be run by for-profit private companies. Without the strict regulations of the public school system, funds can easily be misused and many Philly schools have experienced corruption in recent years.

"A lot of it speaks to capacity," says Cucchiara. "They say there's too much pressure in public schools to perform while charters are free from this oversight. But there are sometimes dishonest people in charters going unchecked. Public school rules and processes may be a headache, but they also serve and protect those schools."

Some charter schools have been successful with the "No Excuses" model. ISTOCK

"There's nothing special about a charter school," she continues. "There's no evidence that they'll do better. Initially, they were conceived to be really high-performing and more innovative, but that doesn't always play out."

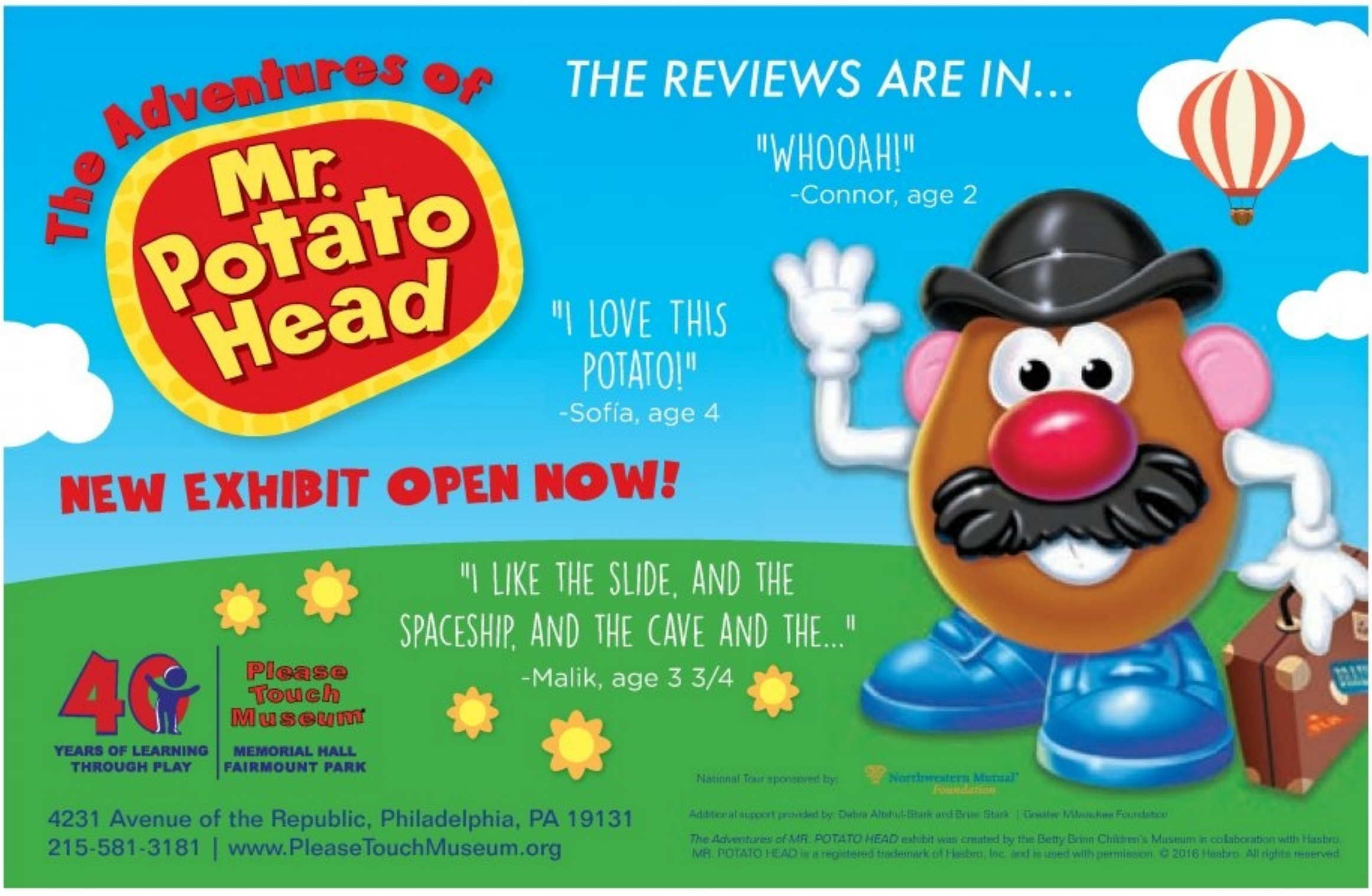
So … why bother with charter schools at all?

The existence of the "No Excuses" model comes into play at many charters. Built on the idea that all children can meet high academic standards, and should not be excused for academic failure, the model, which originated with the Knowledge is Power Program (KIPP) network of schools, has since spread in charters throughout the country. With its strict behavioral and disciplinary code, rigorous college prep curriculum and strong academic focus, the model has generally helped boost academic performance when applied. In Philadelphia, all 21 of the Mastery Charter Schools have championed the No Excuses model with mixed reviews about the system's effectiveness.

"No Excuses schools are marked by extensive use of measurable and unyielding goals, frequent testing [and] expectations of parental involvement," says Quinn. "The Promise Academy of the Harlem Children's Zone was able to close the black-white achievement gap in elementary and middle school math and elementary ELA [using the model]."

While No Excuses isn't the norm for all charters, the accountability held for students, parents, faculty and staff is unanimously incorporated since all charters are independently responsible for their own success. Parents should pay attention to what an individual school is doing versus making a decision under the umbrella of charter or public.

"Parents need to visit schools," says Cucchiara. "There's no substitute for learning something with your own two eyes. Some charter schools really do take license of the charter and do wonderful things that they couldn't do within the public school system … When it happens, it's fabulous."


The Adventures of
Mr. Potato Head
THE REVIEWS ARE IN...
"WHOOAH!"
-Connor, age 2
"I LOVE THIS POTATO!"
-Sofía, age 4
NEW EXHIBIT OPEN NOW!
"I LIKE THE SLIDE, AND THE SPACESHIP, AND THE CAVE AND THE..."
-Malik, age 3 3/4
40 YEARS OF LEARNING THROUGH PLAY
Please Touch Museum
MEMORIAL HALL FAIRMOUNT PARK
4231 Avenue of the Republic, Philadelphia, PA 19131
215-581-3181 | www.PleaseTouchMuseum.org
National Tour sponsored by: Northwestern Mutual Foundation
Additional support provided by: Debra Altshul-Stark and Brian Stark | Greater Milwaukee Foundation
The Adventures of MR. POTATO HEAD exhibit was created by the Betty Brinn Children's Museum in collaboration with Hasbro.
MR. POTATO HEAD is a registered trademark of Hasbro, Inc. and is used with permission. © 2016 Hasbro. All rights reserved.

PHILADELPHIA E&T CHARTER HIGH SCHOOL

ABOUT OUR SCHOOL

- *WE ARE ACCESSIBLE: LOCATED IN THE HEART OF CENTER CITY PHILADELPHIA*
- *WE ARE DIVERSE: STUDENTS ATTEND PHILADELPHIA E&T FROM OVER 25 ZIP CODES*
- *WE ARE REALISTIC: CAREER AND COLLEGE PREPARATION INSTITUTION*

AWARD-WINNING COOPERATIVE EDUCATION PROGRAM

- *EMPLOYS OVER 100 STUDENTS EACH YEAR*
- *PARTNERSHIPS WITH OVER 60 COMMUNITY PARTNERS*
- *STUDENTS MAINTAIN EMPLOYMENT AFTER HIGH SCHOOL*

A 21ST CENTURY COMMUNITY LEARNING CENTER

- *PA DEPARTMENT OF EDUCATION GRANT AWARD WINNER*
- *FREE AFTERSCHOOL AND SUMMER ENRICHMENT PROGRAMS*
- *ACTIVITIES INCLUDE: ROBOTICS, BROADCASTING, STEM CLUB, SPORTS AND MORE...*

APPLE iPAD 1:1 PROGRAM

- *21st CENTURY LEARNING ENVIRONMENT*
- *EACH STUDENT HAS THEIR OWN iPAD AS AN INSTRUCTIONAL TOOL*
- *TECHNOLOGY INTEGRATION ACROSS THE CURRICULUM*

A SAFE AND SUPPORTIVE SCHOOL

- *SUCCESSFUL PREVENTION AND INTERVENTION STRATEGIES*
- *CLIMATE CONDUCIVE FOR LEARNING*
- *TRAINED SAFETY PERSONNEL AND REGULAR EVACUATION PRACTICES*

Admissions Information for School Year 2017-2018

Applications Collection 10/1/16 through 1/31/16

Lottery Date: February 1, 2016 at 10AM

Contact Person

George Fiocca, 1420-22 Chestnut Street, Philadelphia, PA19102

fioccag@petchs.org • 267.514.1823

Applications available Online, In-Person

5 Philly charter schools making the grade

You can feel good about sending your child here.

JESSICA SMITH
@MetroPhilly
letters@metro.us

The Philadelphia charter school system seems to be in a constant state of uncertainty. For parents thinking about fleeing to the suburbs, or breaking the bank for private school education, here are five (well, technically, six) stellar charter schools that just may make you reconsider.

1 Franklin Towne Charter Elementary and High Schools

Grades: K-8/9-12
Location: 4259 Richmond St./5301 Tacony St.
Website: franklintowne.org

Both Franklin Towne Charter Elementary School and Franklin Towne Charter High School are off the charts with approval ratings. After the Bridesburg high school opened its doors in 2000, it was named a MetLife Foundation-NASSP Breakthrough School in 2010, received a National Blue Ribbon of Excellence from the Department of Education in 2014 and a 2015 School Performance Profile score of 91.3, the highest of any charter school in the city. The elementary school opened in 2009, featuring a comprehensive special education program. Both schools provide a number of clubs and leadership programs to their combined 2,000 plus students.

2 Laboratory Charter School of Communication and Languages

Grades: K-8
Location: 800 North Orianna St.
Website: thelaboratorycharterschool.com

This Northern Liberties grade school focuses on a multilingual and culturally diverse curriculum. Top-ranked in terms of PSSA scores, students focus on reading, writing and mathematics, with additional daily instruction in French and Spanish. The two-time national Blue Ribbon School holds a Middle States accreditation and Peer Leader Award from the School District of Philadelphia. Its mission statement pledges to "provide a program that will prepare students to communicate effectively in more than one language and to see the world from three perspectives: global, international and national."

3 The Philadelphia Academy Charter School

Grades: K-8
Location: 11000 Roosevelt Boulevard
Website: philadelphiaacademy.org/qs

Founded in 1999, this grade school incorporates the latest technology, like interactive whiteboards and iPads, to educate students. Offering full-day kindergarten, the school has a strong focus on literacy and math, while providing additional instruction in creative and performing arts, technology, foreign language and physical education. Its extensive musical theater program is tailored for young Hollywood-bound stars. The school boasts a perfect 10 on GreatPhillySchools.org for its safety, and exceptional math instruction.

4 Freire Charter High School

Grades: 9-12
Location: 2027 Chestnut St.
Website: freirecharterschool.org

One of the oldest charter schools in Pennsylvania, Freire, founded in 1998, has catered to about 500 students with a 15-to-1 student to faculty ratio.

These charter schools rise above the

In 2015, a whopping 96 percent of Freire graduates planned on enrolling in college, earning more than $3 million in scholarships — which averaged to $40,571 per graduate. Freire uses its small class sizes to cater rigorously to student growth and development. While many incoming Freire ninth graders were

BOYS' LATIN OF PHILADELPHIA
EDUCATION IS OUR Birthright!
College Preparatory School for Boys
Grades 6-12

Sending the most African-American males to college in the region.
Accepting applications for the 2017-2018 school year.
Applications can be found at BOYSLATIN.ORG
5501 CEDAR AVE
PHILA, PA 19143
PLEASE CALL US
215.387.5149
BOYS' LATIN OF PHILADELPHIA

Freire
Charter Middle School

Become a dragon at Freire Charter Middle School! We are currently accepting applications for all grades - 5, 6, 7, and 8. Don't miss your opportunity to build your future with Freire.
CONTACT US AT 267-670-7499

- Rigorous and engaging curriculum aligned to the PA Core that will best prepare students for success in High School and beyond.
- Safe, non-violent learning environment for all students.
- Art, Computer Literacy, Character Development, Health, and Physical Education enrichment courses for all students.
- Targeted academic interventions for students through a robust Response to Intervention and Instruction system.
- Academic Advisors, Family Therapy, Olweus Bullying Prevention, and Mediation programs to support the whole child.
- Enriched after-school program, including Debate, Play on Philly!, Academic Tutoring Centers, Breakfree Fashion, Chess, Book Arts Project, Science Olympiad, Reading Olympics, Robotics, HYPE, Philadelphia Young Playwrights, Basketball, Cheerleading, and Track and Field!

VISIT WWW.FREIRECHARTERSCHOOL.ORG FOR MORE INFORMATION AND TO PRINT AN APPLICATION!

rest. ISTOCK

reported to be at least five years behind their age-based math and reading levels, 86 percent of those students caught up by the end of their freshman year.

5 MaST Community Charter School

Grades: K-12

Location: 1800 E. Byberry Road
Website: mastccs.org

The all-grades school follows its own STREAM (science, technology, robotics, engineering, arts and math) curriculum to help students with problem solving, critical thinking and collaboration. Its library media center features an HD video studio, floor-projection iPad system and 3D printer. A full-size telescope rounds out the astronomy dome on the roof. The tech-forward environment is perfect for budding intellectuals. And the Title I Distinguished School for High Achievement acknowledgement in both 2015 and 2016 doesn't hurt.

Independence CHARTER SCHOOL WEST

2017-18 Applications will be released on November 1, 2016 on-line and at the school for Grades K-4

5600 Chester Avenue 19143 ICS-West Application deadline:

Thursday, February 9, 2017 – 2pm EST

The lottery drawing will take place on Thursday, March 1, 2017 at 5pm in the school's gym 5600 Chester Avenue. It is open to the public.

https://icswest.org/

Independence CHARTER SCHOOL

2017-18 Applications will be released on **November 1, 2016** available online and at the school

1600 Lombard Street 19146

ICS-Center City Application deadline:

Thursday, February 9, 2017 – 2pm EST.

The lottery drawing will take place on **Thursday, February 23, 2017** at 5pm in the school's cafeteria 1600 Lombard Street. It is open to the public.

www.independencecharter.org

NOW ACCEPTING HIGH SCHOOL APPLICATIONS

TACONY ACADEMY CHARTER SCHOOL

HOW TO APPLY

- VISIT WWW.AP-SCHOOLS.ORG
- OUR SCHOOLS > TACONY ACADEMY
- PARENTS > ENROLL
- SELECT HIGH SCHOOL APPLICATION
- PAPER APPLICATIONS ARE AVAILABLE AT THE SCHOOL

AP COURSES · COLLEGE READINESS · NATIONAL HONOR SOCIETY

APPLICATION DEADLINE: JANUARY 26, 2017

LOTTERY DATE: FEBRUARY 8, 2017

TIME: 6:00 PM

LOCATION: 6201 KEYSTONE STREET, PHILADELPHIA, PA 19135

AFTER SCHOOL ACTIVITIES · ATHLETICS · CARING SCHOOL COMMUNITY

AmericanParadigm

NOW ACCEPTING APPLICATIONS FOR GRADES 9-12

FIRST PHILADELPHIA PREPARATORY CHARTER HIGH SCHOOL

The Arts at First Philly

To apply visit: www.ap-schools.org

EARN A DEGREE IN DEFYING CONVENTION.
Bachelor's and associate's degree programs. Four fields of study: Design, Media Arts, Fashion, Culinary.
The hardest thing you'll ever love.
Visual Design
Interior & Product Design
Animation & Effects
Film & Production
Gaming & Technology
Fashion
Culinary
The Art Institute of Philadelphia®
800.275.2474
artinstitutes.edu/philadelphia
The Art Institute of Philadelphia is one of The Art Institutes, a system of over 50 schools throughout North America. Programs, credential levels, technology, and scheduling options vary by school and are subject to change. Not all online programs are available to residents of all U.S. states. Several institutions included in The Art Institutes system are campuses of South University or Argosy University. The Art Institute of Philadelphia, 1622 Chestnut Street, Philadelphia, PA 19103-5119. ©2016 The Art Institutes. All rights reserved.
Our email address is materialsreview@aii.edu.
See aiprograms.info for program duration, tuition, fees and other costs, median debt, salary data, alumni success, and other important info.

5 Tips for getting ready for the math section of the SAT

Get ahead on the math portion of the SATs with multiple no calculator prep sessions. ISTOCK

Don't let your nerves get in the way of performing well.

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

For students who have always feared math class, preparing for a standardized test is the stuff of nightmares.

"It's something we hear about all the time talking with students and their families," says Cailin Papszycki, Kaplan Test Prep's New York area director of SAT and ACT programs. "A lot of students will say 'I'm a great student, but I'm not a great test taker.'"

We asked Papszycki to share what students should do to shake those math-related jitters.

Create a plan of attack

"We always tell students that studying for the SAT is a marathon, not a sprint," says Papszycki. "We then ask, 'What is your study plan going to look like?'"

While students today have to balance a full class load and extracurriculars along with test prep, Papszycki warns that going into the SAT or ACT cold can lead to disaster. Students should begin to create a study plan that tackles the type of math problems they'll encounter on the test a couple of months before they're scheduled to take their exam.

According to Papszycki, students often have questions about algebra prep, geometry and getting used to SAT-style word problems the most.

Practice, practice, practice

Once you have a plan mapped out, it's time to figure out what your strengths and weaknesses are. Because the SAT underwent a major revamp earlier this year, some students may be surprised by the new format.

"Students have told us the new math section feels totally different," says Papszycki. "It's important to get familiar with the test. Know what the questions look like and ask yourself, what are the concepts being tested? Go in prepared."

Break up with your calculator

Because most of us always have a smartphone on hand, students today are losing their ability to do equations in their heads. "If they are shopping and there is a discount, everyone just reaches for their phones," notes Papszycki. "They are not used to doing mental math."

Because students aren't permitted to use calculators while taking one of the SAT's two math sections, it's important to brush up on doing equations by hand.

Do a run through

Once you've gone through as many prep questions as you can, it's a good idea to take a practice test or two. "A lot of parents ask us if their student should take the SAT or the ACT," says Papszycki. "Either is fine."

On Nov. 12, Kaplan is holding a free National Test Day where students can take a practice test for free. "One half of the questions will be from the SAT and the other half from the ACT, so students can get a feel for each."

Have everything you need on hand

Cramming the night before the SAT will only stress you out (and may lead to more harm than good). Instead, Papszycki suggests making sure you have everything you need on hand and heading to bed early.

"Are your pencils sharpened? Does your calculator have fresh batteries? You'll also need a photo ID and your test ticket to get into the center," says Papszycki. "Also, make sure you know where your testing center is and what traffic may look like that morning. You don't want to be taken off-guard if your subway line is going to be down that day."

Brangelina's former bodyguard spills on working for the famous family

ALL PHOTOS GETTY IMAGES

Mark Billingham had one job during his tenure as bodyguard to the family of Brad Pitt and Angelina Jolie: keep them protected. According to a revealing interview with The Sun, Billingham claims he spent so much time with the famous family and their kids that he "fathered them, basically."

Billy, as he is known, didn't dismiss how protective the couple is of their brood. The former Secret Service agent was one of the very few people allowed to take the children places alone. The 51-year-old also discusses not only having to protect the family from physical harm but from social mishaps. He kept extra clothes for them in case of spills and assisted with basic things non-international superstars take for granted, like going to a bar.

And, yes, Billy was just as shocked as the rest of the world when he heard about Brangelina's divorce. Maybe *not* quite part of the family, then?

the word

SESALI BOWEN
sesali.bowen@metro.us

Russell Crowe throws Azealia Banks out of his hotel room

We all hate when someone who wasn't actually invited to the party stirs up trouble. It looks like veteran actor Russell Crowe experienced this late Saturday night during an intimate gathering at his Beverly Hills hotel suite. The rowdy party crasher in question? Azealia Banks.

The rapper tagged along with Wu-Tang's Rza, who was invited to have dinner and listen to music with Crowe and some friends, according to TMZ. Banks laughed at Crowe's music selection and called him and another guest "boring white men." When she was told to chill out, she reportedly went on a tirade that included a gory threat to stab guests in the throat with a broken glass. Yikes!

When Banks cocked back her glass, Crowe sprang into action, grabbing her in a bear hug and carrying her out before calling security to have her removed from the property. For her part, Banks insists she was called the n-word, choked, spit on and thrown out. What a buzzkill.

Blac Chyna and Tyga's son gets double the birthday fun

Having divorced parents can be awkward. But it can also mean having twice as much fun, as Blac Chyna and her former fiance, Tyga, proved.

On Saturday, Blac Chyna helped her son, King, celebrate his fourth birthday with a Ferrari-themed birthday bash, complete with three real Ferraris, several miniature replicas for the birthday boy, Lego play stations and gifts galore. The soon-to-be Mrs. Kardashian documented the party on Snapchat.

Then on Sunday, King had a second birthday party also featuring Ferraris. King's father, Tyga, threw his own bash at girlfriend Kylie Jenner's house, complete with Ferrari horses, a Ferris wheel and cutie North West in a Kylie lip kit.

We'll let the internet decide who did it better. But the question on our minds is: How does someone who can't even reach the pedals yet get so excited about a luxury car brand?

FALL FOCUS is YOU!
MEDICAL WEIGHT LOSS
BODY BY FISHER NOW!

Diet plans for all ages including Kids & Teens

WEIGHT LOSS with or without medications by a board-certified physician
LIPODISSOLVE / MESOTHERAPY safe and effective non-surgical fat/cellulite dissolving procedure
TriActive Laser® Cellulite Removal/Body Shaping
BOTOX®, RESTYLANE®, JUVEDERM®,
MICRODERMABRASION,
VOLUMA™

Try our HCG or 21 Day Cleanse Diet.

Northeast • Main Line
S. Philadelphia • Feasterville

215-478-6901

DR. FISHER'S
Medical Weight Loss & Aesthetic Centers

Board Certified
Aesthetic Physician
Member of
American Society
of Bariatric Physicians

INFO HOTLINE:
1.866.930.DIET (3438)
WEIGHT MGT x2941
MESOTHERAPY X2312
FACIAL COSMETICS x2107
www.bodybyfishernow.com

Get a NEW Bath or Shower IN JUST ONE DAY

You won't believe the transformation!

Take a look at these actual photos from one of our most recent tub-to-low threshold shower conversions, complete with safety features like grab bars and seats.

Get up to $450 OFF your Bath project

(Ask your Home Improvement Consultant for more details)

Some restrictions apply. Must be mentioned at time of scheduling. Cannot be combined with other offers. Expires 10/31/16.

P.J. Fitzpatrick, Inc.
WINDOWS · SIDING · ROOFING · DOORS · BATHS

1-484-436-4517

www.pjfitz.com

NJ Lic. #13VH01142000 DE Lic. #2009603070 PA Lic. #PA011323
MD Lic. #130457 Bath: PA# 107078 DE# 2013601085 NJ# 13VH08201500
For complete details see www.trustpj.com/specials

They love the '90s

Sarah Paulson and Mark Duplass talk "Blue Jay" and crying to The Gin Blossoms.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Sarah Paulson and Mark Duplass play high school sweethearts who run into each other and spend the night reconnecting in "Blue Jay," now on VOD. ALEX LEHMANN

In the indie dramedy "Blue Jay," Mark Duplass and Sarah Paulson have great chemistry as Jim and Amanda, high school sweethearts who reconnect some two decades later. And the actors have great chemistry in person, too. They're prone to joke around, interrupt each other and — because the movie is steeped in jokey '90s nostalgia — sing. They manage to break out Barenaked Ladies, Shawn Colvin and Extreme, in between talking about the fun — and sad — aspects of their new film.

I feel like we could spend this entire interview reminiscing about the '90s. I used to listen to Bush.

Mark Duplass: If you go to the early- to mid-'90s, you find me at Lilith Fair, grooving to Shawn Colvin.

Sarah Paulson: She's my favorite ever. She's really, really a genius. I think she's the Joni Mitchell of [her day]. I drove to some tiny town in Pennsylvania, and it was rained out. And she came out and played for those of us who stayed, because everyone left.

Duplass: The other night my friend Julian [Wass], who did the music for "Blue Jay," we jammed together over our melancholy and just over-sensitivity to life in general. We put on Gin Blossoms and listened to "Hey Jealousy," and really felt that song. The guy who wrote it ended up committing suicide. What's so amazing is it's covered in grungy guitars and it's upbeat, but then you listen to the lyrics and go, "Oh my god …" It says, "All I really want is to be with you, feeling like I matter, too." We just drove around and cried listening to The Gin Blossoms. So you can see where "Blue Jay" may have come from. [Laughs]

The movie is sad but also very funny. Or rather, the characters laugh about things that eat them up inside, almost like a defense mechanism.

Duplass: When you watch it theatrically, I think it plays more funny. If you're at home, snuggled up with some Thai food and wine and someone you love, it plays a little more like a drama. That's not dissimilar from some of my movies: Some of the comedy is awkward and you almost need permission to laugh from other people. But Sarah and I see at least some of the elements of the world in the same way: We see darkness, we see sadness; we're able to cry with it but then giggle about it the same time.

GETTY IMAGES

I wanted to ask about the improvisation, especially since, Sarah, you haven't done it as much as Mark has.

Paulson: It was scary. I like a script. I like to be able to hold onto what I learn about a character on page 24, then apply that to page 76. I like coming to an end point, to know what the journey is. It makes me feel secure. This was just flapping in the breeze.

DIVORCE, BANKRUPTCY IMMIGRATION

Who says lawyers can't have a sale?
$300 No Fault Divorce (with this AD)
$750 ch. 7 bankruptcy plus costs for starting price simple 7 w/ad

215-922-2055

A Trusted, Fast & Affordable 2nd Generation Business
We Speak Spanish
PHILA: 1315 Walnut St. Ste 804, And Turnersville, NJ

ReinherzLaw.com

Reinherz Law Offices
Over 50 Years Combined Experience
Debt Relief Agency

NOTICE OF PUBLIC AUCTION OF UNITS IN LIEN

21st Century Storage
3503 North B Street,
Philadelphia, PA 19134
Phone - (215) 423-4000

Property contained in the following units located at 3503 N. B St will be sold via online auction at STORAGETREASURES.COM on October 20, 2016 at 11:00 A.M., to the highest bidder to satisfy the owners lien for rent under 73 p.s. 1900 et. seq. Auction is with reserve, 21st Century Self Storage reserves the right to set the minimum bids and refuse bids. Cash or Credit Card ONLY. Contents must be paid for 10/20 and removed within 48 hours.

Patricia Clarke D324
Abrahare Sierra E409
Jeanette Ile-brierry E424
Jeemar Cruz E425
Darrick Champion F522
Tracy Hood G408
Ruben Rodriguez I816
Ferdinand Acevedo J817
Johanna Lopez J936
Benjamin Morales K106
Erinon Lora K117
Miroslav Bolec M107
Michael Thornbury M114
Efrain Montero M123
Wayne Kilson M141
Miguel Lobo M165
Jacqueline Nogueras P405
Charles Lewis P416
Blanca Alvarenga P426
Tatiana Villa D508
Jose Perdomo-Santiago G517
Miguel A Ortega G521
Rerbren LaRen R956
Cathy Garret-Davis S118
Nia Stallworth S146
Muscinah Richardson S156
Brose Maria Adjo S172
Alyssa Gonzalez S712
Angel Marrero T852
James Hicks V105

GAS/OIL HEAT • AIR CONDITIONING

$1089 Completely Installed
GM S8040 REPLACEMENT

ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED

FALL SALE
$990 DELIVERED
VSX13015

The Goane Boys 610-353-5400

Okkervil River's Will Sheff —the founding and most consistent member of the band. FIONN RILEY

Let's not fade away

Okkervil River frontman Will Sheff talks death and rebirth, and overcoming the temptations of nostalgia

MATTHEW DINARO
@MetroPhilly
letters@metro.us

Active since 1998, the Austin-based folk-pop act Okkervil River, led by singer-songwriter Will Sheff, has lasted a lot longer than most bands, but that longevity hasn't always come easy. Sheff's latest album, "Away," finds Okkervil River bouncing back from various setbacks with a completely new lineup and an altered sound. And yet this comeback's leading track is titled "Okkervil River R.I.P." It seemed like the perfect place to start our recent talk with Sheff.

I was wondering about the meaning of "Okkervil River R.I.P.," if it's a sort of symbolic death. It made me think of Tom Sawyer watching his own funeral.

Yeah, it is like that. Everybody has times in their lives when it's time to let some version of yourself die, so that the next version of yourself can come into being. And eventually you look back on those times and think, "God, that doesn't even really seem like me. It seems like a different version of me, played by a different actor in a different movie." And that's good, that's how it should be. And a lot of "Okkervil River R.I.P." is me saying, "Well, that's done, and now what's next?"

You've spoken in recent interviews about how "Away" deals with facing the present, in contrast to the deliberate nostalgia of your last album, "The Silver Gymnasium." And I find the sound on "Away" much more somber and contemplative, like there's a hesitation that comes with the uncertainty of the present, as compared with the easy confidence of some happy, fixed idea of the past.

Nostalgia is like a sickness that we have. It comes out of pain. I understand the appeal of it — I devoted two years of my life to try to explore it — but I think it's cowardly, to be quite honest. And it's time to not be afraid of contemplation, and facing reality, and taking stock of things. That's the point I got to on my record. It was also taking stock of what I wanted to do, aside from my sense of what other people thought I should do. Once I tried to face that down, it was an ecstatic sense of freedom that I felt, and the freedom was not free of pain, but it was real.

If you go

Oct. 18 at 8:30 p.m.
Union Transfer
1026 Spring Garden St.
$20,ticketfly.com

PHILADELPHIA EYEGLASS LABS

- Most insurances accepted
- Walk in eye exams available
- Same day glasses in Center City

FREE COMPLETE EYE EXAM
with 40% off a pair of eyeglasses
Includes frames & lenses. Must present coupon at time of order. Cannot be combined with third party insurance. See optician for details.

50% OFF RX SUNGLASSES
with the purchase of contact lenses
Must present coupon at time of order. Cannot be combined with third party insurance. Fitting fee not included. See optician for details.

LOCAL HANDY MAN
From Punch List to Home Reno's
267-240-4422 • Call Jim for a free Estimate
LocalHandyManjim22@gmail.com
10% OFF FOR SENIORS

ALL ACCIDENTS & INJURIES
Slip & Falls • Nursing Home Cases
Car Accidents • Wrongful Death
Medical Malpractice • Assault Victims
CALL NOW TO SPEAK DIRECTLY TO ATTORNEY PAUL GAFFNEY
215-769-1177
THE GAFFNEY FIRM
1515 Market Street - Suite 1200
Philadelphia, PA 19102

Neil deGrasse Tyson gives us an unexpected lesson on global warming

New episodes of his TV show, "StarTalk," air on Mondays at 11 p.m.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Whether you're an astrophysicist like Neil deGrasse Tyson or not, "StarTalk" will pique your interest in science. Now in its third season on the National Geographic channel, the series makes science accessible to everyone, featuring a range of guests from every corner of pop culture. We got to chat with Tyson about the show's beginnings, the importance of science literacy in everyday life and even get an unexpected science lesson about global warming.

Before the TV show, "StarTalk" was a podcast. What inspired the concept?

Part of it was that I wanted to educate people. I could have a radio show where I only interview scientists, but then it presupposes that you already like science. And, we have shows for that. But suppose you don't know that you like science, or suppose you think you don't like science. How do you ever reach those folks? So when my fellow executive producers and I created the show we said, "Why not have me as the host and then we interview people who are not scientists?" They don't have to know any science [to be on the show] — it's my job to reveal how science has touched their lives and their livelihood. Then the listening audience learns how ubiquitous science actually is in our culture.

This new season has been fantastic. I had no idea Whoopi Goldberg was such a "Star Trek" fan.

Well, that's the thing: It's a geek safe space. When in other interviews, the people might not come out [as a geek], but with me they almost confess. Like, "I memorized 30 digits of pi when I was in the sixth grade."

Neil deGrasse Tyson comes to the Kimmel Center in Philadelphia on Nov. 30. CHRIS CASSIDY

So I read that you had an early start — even giving lectures at age 15.

Yeah, my first "professional lecture" where I was paid, I was 15 at a college in New York. I think it was one of their extension schools where adults go back and learn more. Every college has one of these but are called different things. So I gave a talk to adults and I did it. And then they sent me a check in the mail and I was like, "Whoa!" And I felt kind of cheap. It was like "Wait a minute — I didn't sweat. I didn't toil. I didn't struggle. I was just describing the universe." It's like asking someone how many cushions are on the couch in their living room. [Pause] And it was $50 in case you wanted to know. But I had just turned 15, it was 1973 and it was an infinite amount of money.

After all these years of doing this, how do you stay inspired and excited?

I channel cosmic energy from the universe. [Laughs] No, but thanks for noticing that. It's not as deep as it sounds. When I am tasked in touching the public in any way — television, radio or documentary — why not focus your en-

OLD UGLY MAN WINDOWS

9-5 WINDOW - Coupon Special

BUY PAY (installed)
9..... $3,150
8..... $2,800
7..... $2,450
6..... $2,100
5..... $1,750

CUSTOM, INSULATED, TILT-IN VINYL REPLACEMENT WINDOWS

INCLUDES LO E GLASS AND ARGON GAS

Look what else is INCLUDED!

DOUBLE PANE GLASS • INSTALLATION
EXTERIOR CAPPING INCLUDED • HALF-SCREEN
LIFETIME WARRANTY

NOW AVAILABLE CUSTOM RADIATOR COVERS
215-604-1717 or 267-407-5706

(But, remember, he wasn't always an old ugly man - once, he was just ugly)

ARTIE CLEAR
DRYWALL AND PAINTING

NO JOB TOO BIG OR TOO SMALL!!!!!!!!
WE DO DRYWALL, ROOFS,
HEATERS (Gas or Electric), AND MORE.
15% OFF ON ALL LEAKY ROOFS AND RUBBER ROOFING.
FREE ESTIMATES-100% FINANCING AVAILABLE!
EVERYBODY GET'S APPROVED!
ARTIE CLEAR FROM EAGLES REPORT CARD AND FOX
CALL ARTIE TODAY AT
609-335-0207 or 215-444-6844
FOR YOUR FREE ESTIMATE.

ergy into that moment? I mean, just think about it. Think about all the things you spend energy on that really don't even deserve it — like the video game you are trying to finish, or the energy we use to do nothing. I just take the energy that is available to me and focus it. Then afterwards, I go home and couch potato. It's focused energy — that's all it is.

Your show is making science accessible to all. How can knowledge of science improve the lives of everyday people?

Think of it as science literacy, not as science. So for example, if someone was going to tell you, "Buy these crystals and rub them together and it will heal your ailments." Just take that situation. It is as equally intellectually lazy to say, "Yeah, give them to me. I need those," as it is to say, "Aw that's baloney." Both of those are equally lazy responses because they required no work. What requires work — and I think it's a fun kind of work — is to assign science literacy to ask questions. So you say, "Well, what are these made of? And by what mechanism do they work?" Science literacy is not so much a body of knowledge as it is as a means or method of asking questions.

Interesting.

If someone says, "Why do you think humans are causing the warming of the planet?" Rather than saying we are and rather than saying we're not, you ask what is behind that. And then you can say, "Well, we studied migration patterns of animals and it is slowly changing because their habitats are warming sooner than they once did. We also see an increase in mosquitoes because the winters are not as cold, which normally keeps down their population in the spring, but now they're coming back with vengeance. We see this in the records of temperatures that are frozen into the layers of snow in glaciers." And they say, "Oh my gosh, that's interesting. And when did that all begin?" "That all began in the 1800s." "Well, what happened?" "That's when we started pulling fossil fuels out of ground and burning them." "Well what's wrong with burning them?" "Carbon dioxide is a byproduct of this and in the lab you can see that carbon dioxide traps heat. It traps heat wherever it is." "Do you have any examples of this?" "This atmosphere is 100 percent carbon dioxide and thick." "Oh, well, what temperature is it?" "It is 900 degrees Fahrenheit. That is hotter than a pizza oven."

That's the clearest explanation of global warming I've ever heard.

Yeah, so now you do what you want. I just told you what the scientific community says. I am not going to tell you how to vote or what to think. But I'll try to empower you how to think because thinking about data is part of what makes, not only an enlightened person, but it makes a responsible citizen in a free democracy.

New episodes of "StarTalk" air on Mondays on the National Geographic Channel.

PHILADELPHIA PHOTO ARTS CENTER

THE BLOCK
PHILLY BLOCK PROJECT

SEPTEMBER 8, 2016 – NOVEMBER 26, 2016

1400 N. American Street #103, Philadelphia, PA, 19122

As part of the *Philly Block Project*, the final exhibition, The Block is an immersive experience using photographs from South Kensington's present made by Hank Willis Thomas, Wyatt Gallery, Lisa Fairstein, Hiroyuki Ito, and Will Steacy. The floor to ceiling photographs will act as the armature of the show, stitching together a block of houses, while smaller photographs revel in the many perspectives and details found within a three block radius.

Major support for Philly Block Project has been provided by The Pew Center for Arts & Heritage, with additional support from Penn Treaty Special Services District, The John S. and James L Knight Foundation and the National Endowment for the Arts.

Photo credit
Hank Willis Thomas & Wyatt Gallery

The Pew Center for Arts & Heritage
PENN TREATY SSD
Knight Foundation

AMERICAN ICON HOME IMPROVEMENTS
QUALITY WORKMANSHIP AT AFFORDABLE PRICES

100% FINANCING • NO MONEY DOWN
NO PAYMENTS FOR 90 DAYS
Low Monthly Payments
Homeowners may qualify immediately for up to:
$35,000
No Down Payment, No Equity, No Appraisal
HUD/FHA Approved Loans and Unsecured Loans • All Applications Accepted!
CALL NOW! 1-800-566-7280
Approved Remodeling Projects:
Siding, Roofing, Windows, Doors, Kitchens/Baths, Decks, Finish Basements, Porches/Patios & More!
Better Business Bureau A+ Rating • References Upon Request

aihomeimprovements.com
1-800-566-7280

PA License # PA 064053
NJ License # 13VH00685900

Important Notice. Loans are originated through a third party Lender. HUD/FHA does not originate loans; they only insure them and does not favor any lender. HUD/FHA does not allow consolidation of your debts. American Icon is not connected to or endorsed by the FHA or HUD in any way DJ-4483735

Clinical Research Trials In Women's Health

Chances are you may qualify for one of our clinical research trials for

- Infertility
- Endometriosis
- Fibroids
- PCOS

Contact Eileen at **484-380-4861** or email **daviese@mainlinefertility.com**

MAIN LINE FERTILITY

Michael Glassner, MD • John Orris, DO, MBA
Deanna Brasile, DO • Ben Gocial, MD
Bryn Mawr • Paoli • West Chester • Center City
www.mainlinefertility.com

THE MATTRESS MAN
• FREE Delivery!*
• FREE Removal!*
• FREE Setup!*
HUGE SALE ON DISCONTINUED MODELS
BASIC FIRM
• Twin Set $149
• Full Set $189
• Queen Set $199
EXTRA FIRM
5 YEAR WARRANTY
• Twin Set $199
• Full Set $249
• Queen Set $299
• King Set $399
CUSHION FIRM
10 YEAR WARRANTY
• Twin Set $249
• Full Set $299
• Queen Set $349
• King Set $449
PLUSH PILLOW TOP
10 YEAR WARRANTY
• Twin Set $299
• Full Set $349
• Queen Set $399
• King Set $569
THERA-PEDIC
PRISM ELITE
10 YEAR WARRANTY
• Twin Set $399
• Full Set $469
• Queen Set $499
• King Set $669
SERTA SUPER PILLOWTOP
10 YEAR WARRANTY
• Twin Set $449
• Full Set $499
• Queen Set $599
• King Set $799
Serta
Symbol Mattress
PHONE ORDERS ACCEPTED • SAME DAY DELIVERY
*Most Models, Most Areas
VISA
7421 Stenton Avenue • Philadelphia, PA 19150
215-424-5550
WWW.THEMATTRESSMANONLINE.COM
HOURS
M-F 10-6PM
SAT 9-5
SUN 11-4

LOVE
Best Prices
Re-Elect
BEST BUY ROOFING
PUSH# 215-288-1100
#1 ROOFER IN PHILADELPHIA
215-288-1100
Email: BestBuyRoofing4u@yahoo.com • www.bestbuyroofing.net
$200 off Any New Roof $50 off any Repair
Protect Yourself
We (guarantee one price) start to finish on any re-roof.
Secure your Future

DOORS UNLIMITED
FALL SALE!
UP TO 30% OFF
EXPIRES 10/31/16
• STEEL ENTRY DOORS
• SECURITY STORM DOORS
• SOLID CORE STORM DOORS
• ALUMINIUM STORM DOORS
• GARAGE DOORS
• VINYL WINDOWS
• AWNINGS & GLASS BLOCK
Free in Home Estimate
2000 PLUS SERIES
Lifetime Limited Warranty
• Free Low-E
• Free Argon Gas
• Free Capping
• Free Measuring With Installation
• Past Sales Excluded
45 Years Experience
FACTORY DIRECT SHOWROOM
215-455-2100
318 W. Hunting, Park Avenue
(3rd & Hunting Park)
Philadelphia, PA
MEMBER EASTERN PENNSYLVANIA BUREAU
A+ RATING
PA 007676

10th annual PAWS Mutt Strut is taking over the Navy Yard this weekend

Dogs are more than welcome to bring their humans with them.

ZARI TARAZONA
@MetroPhilly
letters@metro.us

KATIE MCMENAMIN

The Philadelphia Animal Welfare Society (PAWS) hopes to make Philadelphia a no-kill city — but until that day PAWS continues to raise funds and awareness for homeless animals here in Philadelphia. The 10th annual PAWS Mutt Strut will take place on Saturday, Oct. 22 from 9 a.m. to 5 p.m. at the Navy Yard.

The Mutt Strut is held each year as a way to support all the life-saving efforts provided by PAWS and as a fun event for all the PAWS supporters, said Melissa Levy, executive director of PAWS.

Upon arriving, attendees can enjoy food from participating food trucks like Schmear It, Mucho Bueno, Pbon's Fresh Phoods, Tot Cart, and Jerry's Kitchen.

The Master of Ceremonies, WMMR DJ Steve Morrison, will be greeting people as they arrive and making important announcements at the stage. Three Chord Money will also be playing live music at the stage.

The Mutt Strut will have doggy-centered activities like a costume contest, a talent contest, a dog agility course and much more. Levy said activities like the costume and talent contest were added over the years in response to attendees either dressing their dogs up for Halloween or showing off their dog's tricks.

The 1½-mile walk throughout the Navy Yard will begin at 11 a.m. The walk, which begins at the stage, will be kicked off by the Mummers. However, attendees without a dog will be able to rent an adoptable PAWS dog at the adoption tent for the walk. If interested in adopting a dog it is encouraged to apply ahead of time. Furthermore, when Mutt Strut attendees register online they can start raising money before the event.

"You get your own personal fundraising page, and with a unique link you can send that link to all your friends, your social circles, your colleagues, etc.," Levy said.

The fundraising goal this year is $125,000, which isn't far off from the $120,000 raised last year at the ninth annual PAWS Mutt Strut.

If you go

The Philadelphia Navy Yard
4500 S. Broad Street
Saturday, Oct. 22 9 a.m. to 5 p.m.
$25 adults, free kids 12 and under

COUPON
RADIATOR COVERS
COVER THAT UGLY RADIATOR...
FREE ESTIMATES, DELIVERY, INSTALLATION.
$10.00 OFF WITH THIS COUPON
EXPIRES 12-31-16
The Best in the Business Since 1945
BORNMANN MANUFACTURING CO. INC.
3731 Old York Rd., Phila. Pa 19140 • www.customradiatorcovers.com
215-228-5826

Big design for the *little ones*

Kid stuff for the well-curated home.

TINA CHADHA

Stokke Limited Edition Tripp Trapp

Fancy chairs aren't just for adults. To celebrate the production of its 10 millionth Tripp Trapp high chair, Stokke is releasing a limited-edition collection today that could get design enthusiasts considering a new edition to the fam. Perfect for parents who balk at the sight of bright plastic furniture, the new styles — made with either a chic white or black oak wood and trendy rose-gold and steel hardware — give the iconic design a high-end makeover. Even more alluring: Only 4,000 chairs will be available globally. Parents-to-be, update your baby registry STAT.

$299, STOKKE.COM

Minnetonka x Free Range Mama moccasins

What's cuter than chubby little baby feet in moccasins? Chubby little baby feet in moccasins hand-painted by Free Range Mama, that's what. Since 2012, designer Lindsay Stewart has been painting whimsical designs on moccasins she sells in her Etsy store. Now she's partnered with Minnetonka Moccasin Co. for an exclusive infant collection. We can hear the "awwwws" now.

$45, MINNETONKAMOCCASIN.COM

Wolfum Deco Push Toys

Wolfum prints bold patterns directly on birch wood to create these artful push toys that you won't mind leaving out when company comes over.

$40-$44, WOLFUM.COM

Blu Dot Bumper ottomans

It's hard having nice furniture with little ones around, but Blu Dot's mix-and-match Bumper ottomans are the perfect blend of function, safety and cool design. The pieces — which act as seating, side tables or makeshift playground equipment — are made of soft felted wool upholstery and come in fun geometric shapes and a variety of colors. Go wild.

$143.20-$299, BLUDOT.COM

Love Mae five-piece bamboo dinner set

We've been admiring Australian brand Love Mae's gorgeous bamboo dinnerware for quite some time and are so excited the brand has finally made its way to the U.S. For local stockists, visit: lovemae.com.au

$37.95, LOVEMAE.COM.AU

EXPERT ADVICE
CRUISE.COM
LOWEST PRICE
up to $1200 Onboard Credit, Free Pre-Paid Gratuities, Free Upgrades & More!
NORWEGIAN
7-Day Bahamas
$549*
Ocean View $599* Balcony $649*
Royal Caribbean
7-Day Caribbean
$549*
Ocean View $647* Balcony $749*
Celebrity Cruises
7-Day Alaska
$599*
Ocean View $899* Balcony $1349*
Holland America Line
10-Day Panama
$619*
Ocean View $649* Balcony $1079*
Carnival
11-Day Caribbean
$924*
Ocean View $1539* Balcony Sold Out
Princess Cruises
15-Day Hawaii Cruise
$1099*
Ocean View $1199* Balcony $1899*
"2013 Online" Agency of the Year
800-720-2456
vacation.com
"2011" Agency of the Year
Open 7 Days
*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes, and fees are additional. Prices include NCF's. Prices are quoted in US dollars.
All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select sailings. CST #2015595-50

The best and worst fall foods

ISTOCK

wellbeing

sponsored by

Hahnemann University HOSPITAL

MAKE HEALTHY YOUR NEW HAPPY

Put down that pumpkin spice latte—dig into that roasted delicata squash.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

With fall, all kinds of yummy seasonal foods become available to us. While most are delicious, some are healthier than others—just think, oven-roasted butternut squash versus apple-cider doughnuts.

But it's not always that obvious. To help sort out the good from the bad, as well as make healthy modifications to our favorite cold-weather comfort foods, we consulted with dietitian Kayleen St. John, the executive director of nutrition at Euphebe, a NYC-based food and wellness company that helps folks kick their poor eating habits.

Say yes to pumpkin seeds, no to pumpkin spice lattes

Pumpkin seeds, especially the ones culled straight from the pumpkin, are full of fiber and iron. Roast with olive oil and a sprinkle of salt for the perfect fall snack or salad topping. "The white casing provides an extra dose of fiber compared to store-bought green seeds," says St. John.

Every year, basics lose their s—t over pumpkin-spice lattes; no judgment, but, it's important to know that often, they're made with artificial pumpkin flavor and pumped full of sugar. If you're craving that seasonal flavor in your morning coffee, St. John recommends making your own pumpkin spice mix, blending ginger, clove, cinnamon and nutmeg and adding it directly to your coffee grinds.

Apple cider is not the fall saint you think it is

We all love to cozy up to a warm apple cider on a brisk fall day, but let's not delude ourselves that we're not mainlining sugar. "Apple cider is just apple juice in disguise, though it may look more virtuous with its cloudy, viscous 'natural' look," says St. John. "As soon as you isolate that sugary substance from the fruit, it basically becomes equivalent to soda, spiking your blood sugar and causing that insulin response."

Do indulge in all kinds of squash

From delicata to butternut to kabocha, there are endless varieties of squash that don't need much beyond a sprinkle of cinnamon, a drizzle of olive oil and a roast in the oven to bring out that rich, caramelized flavor. As with carrots, the orange and yellow pigmentation of most squash indicates it's full of beta-carotene, an antioxidant and precursor to Vitamin A, which is good for your skin and eye health. Certain varieties, like delicata, you don't have to peel, which means you can roast them skin on for an extra dose of fiber, says St. John.

If you love a thick butternut-squash bisque but are concerned about the heavy cream, she suggests swapping in cooked and blended barley, which will still make it creamy while providing extra nutrition.

Healthy hacks for game-day favorites

There's nothing better than cooking up a hearty chili to enjoy on a chilly Sunday of football, and there are ways to make sure there's more to it than just a bowl of spicy meat. Adding in beans beyond traditional kidney, like black beans and chick peas, as well as veggies, like peppers and mushrooms, will make it a healthier while still flavorful comfort food.

Buffalo wings are the best. But, if you're looking to cut down on your indulgences, try baking buffalo cauliflower bites instead—you can bread the florets and still coat them in Frank's, roasting them until they're crispy. Plus, cauliflower is a superfood packed with vitamins—and its peak season is the fall.

Close to Home, Close to Work...

QUALITY PRIMARY CARE AT YOUR CONVENIENCE!

Elizabeth Cerva, DO and Angelique Mason, CRNP have joined Keino Johnson, DO at **Hahnemann University Hospital Primary Care** office at Fishtown.

Our physician practice provides primary medical care as well as helps you coordinate specialized care for an injury or illness.

HAHNEMANN PRIMARY CARE

2424 East York Street

For an appointment or additional information, call

215-203-8012

Hahnemann University HOSPITAL
PRIMARY CARE AT FISHTOWN

www.hahnemannprimarycare.com

How sexual assault survivors can cope with Trump's triggering comments

First, find a safe space where you can share your story.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Learn to avoid triggers. Don't go on Facebook if you're overwhelmed. ISTOCK

For the entirety of his campaign, Trump's hate speech has targeted pretty much everyone who isn't a white, cisgender male, but the recently leaked video in which he brags about sexual assault to Billy Bush of "Access Hollywood" has escalated things to the next level.

While it has sparked a positive movement of women coming forward about their own incidences of sexual harassment and abuse, at the hands of Trump or otherwise, it's also had a traumatizing effect on victims of sexual assault.

Representatives from the Rape, Abuse and Incest National Network, (RAINN) told the Huffington Post that calls to their National Sexual Assault Hotline increased by 33 percent in the weekend after the video was released, with a particular spike during last Sunday night's presidential debate.

Shelley English, a mental health counselor and trauma specialist in New York, acknowledges the "retraumatization" effect Trump's comments have had on victims, but feels optimistic about the dialogue it's sparked.

For example, when writer Kelly Oxford shared her first sexual assault on Twitter and asked women to do the same, adding the hashtag #notokay, she received millions of responses.

"You can't go back to the past and undo the damage of an assault, but you can be a person who's experienced it and have a feeling currently as if, 'Wow, people are actually listening, people care,'" English says.

"For women who have buried [trauma] and their bodies are still holding that pain, now is a chance to say, 'Hey, I'm letting this out' — and then you can heal."

For any woman — or man — who has been triggered, she recommends they seek the help of a therapist, a trauma specialist, or call a hotline. "Communicate in a safe space, with a safe person — even a best friend."

Finding support is crucial. It's On Us, a campaign that encourages anyone to take a "pledge" on social media to show their commitment to helping stop sexual assault, "shows that other people care," English says.

For many, the constant rehashing of the topic in the news cycle can be triggering on its own.

Steven Graubard, a therapist at Thrive Works Boston, reminds us that we are in control, to some degree, of what we read or watch. "People go online to a newsfeed or a news site: They do that voluntarily. It's hard to do, but you've gotta consciously say, 'I'm not going to go to CNN today'," he says.

RAINN has an online resource, "Tips for survivors on consuming media," which provides helpful suggestions for approaching potentially triggering news and social media content, as well as movies and TV shows.

Graubard recommends general stress techniques, such as mindfulness meditation and rigorous exercise, in cases when you might feel out of control. "Being in a quiet space where you can close your eyes and simply focus on your breath helps people calm down."

In a campaign speech in New Hampshire on Thursday, first lady Michelle Obama's words resonated with women everywhere who have been rattled by Trump's words.

"I can't stop thinking about this," she said, referring to the 'Access Hollywood' video. "It has shaken me to my core in a way that I could not have predicted."

For support, call RAINN's National Sexual Assault Hotline at 1-800-656-HOPE

Are you a United Medicaid or CHIP member?

First, United took away your access* to our hospitals.

Now, you will not have access to our doctors**.

Don't lose your access. Switch plans today.

Visit MyHospitalMatters.com or call (800) 549-9536.

*All patients have access to our emergency rooms at all times.

**List of doctors at www.MyHospitalMatters.com or call (800) 549-9536.

St. Christopher's Hospital for Children

Hahnemann University HOSPITAL

Oats have been a healthy breakfast staple for thousands of years. ISTOCK

Oats: The truth about the tasty, trendy superfood

Oatmeal is a food staple of most people's homes. But can the superfood be enjoyed without gaining weight?

Oats have been all the rage of late, but the foodstuff has in fact been a breakfast table favorite for thousands of years. The earliest remains of cultivated oats were located in Central Europe, and date back to the Bronze Age. Indeed, oats were a staple food for the likes of the Irish, Scottish and Huns, all well known for their physical strength.

Parents have long professed that oats will add some meat to a child's bones. But as adults we're not usually looking to add bulk, so how can we enjoy the health benefits of oatmeal without gaining weight? We spoke to Nutriclinical nutritionists Maria Cecilia Benavides and Maria Jesus Zepeda about how oatmeal can be enjoyed as part of a healthy diet.

We know that oats are a good source of fiber and energy, but is it true that they are fattening?

Oatmeal is a cereal that is a source of carbohydrate and therefore delivers immediate energy. It is also a source of dietary fiber, and belongs to the same food group as bread, potatoes, fresh legumes and other cereals such as rice, wheat, among others. Popular culture believes that oats "fatten," but this is false because three tablespoons of oats provide the same amount of energy (calories) as half a baguette or six crackers. The big difference is the contribution of fiber that oatmeal gives, promoting satiety, which helps in weight control.

What's the best way to reap the benefits of oatmeal?

Oatmeal is extremely versatile. It can be eaten as a replacement for bread during breakfast or tea time; it can replace breadcrumbs or flour in various preparations usually consumed at lunch or dinner. It's a good ingredient in sweets, such as cakes and biscuits, as well as savory recipes, such as lentil burgers, or it can be the cereal grain present in soups or stews.

Which is better: instant or traditional oats?

The only difference is that traditional oatmeal comes raw and instant comes precooked; the fiber benefits and the amount of carbohydrates remain the same. Traditionally, moms or grandmothers cooked oats with milk.

Before, there were only old-fashioned oats, so we ate porridge; but when we cook oats these do not lose any properties — they only take longer to prepare.

So it turns out that oats aren't fattening. But there's one more myth to debunk: "oatmeal's water" has been consumed to lose weight, but this offers no health benefits. When soaking oats, much of it, namely the fiber, does not pass through into the water. What remains in the water is only a small part of the mucilage (soluble fiber). MWN

TEMPLE UNIVERSITY
School of Podiatric Medicine

ReMarx Medical Services

Do You Have Uncomfortable Swelling in Your Legs?

If you are experiencing any of the symptoms below, call the **Temple University School of Podiatric Medicine's Foot and Ankle Institute.**

You can schedule an evaluation appointment, which includes a 30-minute massage therapy session, at Philadelphia's premier lower limb treatment facility for wound care and lymphedema.

SYMPTOMS

- Substantial Swelling: Feet, Ankles, or Legs
- Sores, Blisters, Ulcers, or Non-Healing Wounds
- Difficulty Wearing Shoes, Walking, or Putting on Compression Stockings
- Skin Discoloration

TO SCHEDULE AN APPOINTMENT
CALL: 215-625-5313
148 N. 8TH St. (Between Cherry & Race Streets), Philadelphia, 19107

Carson Wentz did not get the same protection in Week 6 he had gotten in his first four games under center for the Eagles. GETTY IMAGES

MOST TO BLAME FOR EAGLES LOSS? HE WASN'T EVEN THERE

The linebackers couldn't tackle Sunday. Zach Ertz dropped a sure TD pass. Fletcher Cox took a dumb penalty that cost the Eagles at least four points.

Most every player and coach had a hand in the embarrassing, 27-20 loss to division rival Washington. Jim Schwartz morphed into Jim Washburn. The Eagles rang up 114 penalty yards — mostly deserved.

But the biggest culprit wasn't even in the stadium. Lane Johnson sat 1,350 miles away, presumably watching this monstrosity unfold on his family's TV in Norman, Oklahoma.

The Eagles' right tackle began serving his 10-game suspension for a PED violation. One imagines what he thought, seeing his hapless replacement, rookie Halapoulivaati Vaitai, get rag-dolled by Washington's front seven. We can only hope Johnson felt shame and guilt.

Vaitai was beat for a sack on the first play from scrimmage. And then again, four plays later. It quickly became clear that the fifth-round rookie was a prop in Washington pass rusher Ryan Kerrigan's campaign to return to the Pro Bowl.

The Eagles offense was thrown out of synch. QB Carson Wentz had no time to set, and kept throwing high all afternoon. Plays were blown up before they could develop.

No one can fairly blame Vaitai for this debacle. The kid was drafted as a late-round project, barely played the preseason and didn't even dress the first four games. Now he was dangled, figuratively naked, before one of football's strongest, cleverest pass rushers. "Big V" shriveled into "Little V."

You wonder what head coach Doug Pederson was thinking. The decision to start Vaitai, rather than reconfigure the entire offensive line, had some logic. But when it became obvious early that the rookie was overmatched, Pederson needed to move to Plan B. He never did.

Pederson was asked afterward if he considered making changes to the line at halftime.

"I have so much confidence in all our guys," he said. "That sends a bad message to our team."

I'm not sure what message it sends to be so stubborn that your prized rookie QB takes five sacks and gets whacked all afternoon. And the coach's misplaced confidence — he called Vaitai "a warrior" — won't help when the Eagles next face the Vikings, who lead the NFL in sacks.

So Pederson takes culpability for lacking in-game adjustments. He takes more for not being better prepared when he knew what was coming for a month.

But it all goes back to Lane Johnson. Much as he tried to blame everyone else, including his union, for the 10-game suspension, it all falls on him. He had better options for bulking up than ingesting a mystery potion from a jar. The smart move would be to only take supplements provided by team trainers.

Johnson was sloppy and sneaky and now sits on the couch until Game 15. Players of his caliber are tough to replace and the Eagles have no good alternatives. When injuries destroy a team's season, that's unfortunate but unavoidable. When one player's stupidity threatens it, that's something else entirely.

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

Getaway day in Windy City

The Flyers can head home after their season-opening road trip with five points if they can get a win in Chicago Tuesday night, an 8:30 p.m. puck drop on CSN. The team has gotten surprising production from its young guns in a win and overtime loss to kick off 2016-17. GETTY IMAGES

Give
Varicose Veins
THE BOOT THIS FALL

DO YOU SUFFER FROM

- Varicose Veins
- Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots
- Difficulty Walking Long Distances

When pain is part of your daily life, it's time to get rid of it. Our treatments take less than 15 minutes, in a warm, comfortable setting. The procedure does not involve surgery and you will be able to drive home afterwards.

Medicare and most insurances accepted!

215-809-1335

USA Vein Clinics

8352 Bustleton Ave.
Philadelphia, PA 19152

© September, 2016 USA Vein Clinics®. All rights reserved.

Carson Wentz has shown some weaknesses in the Eagles' two October losses. GETTY IMAGES

Don't even think about blaming rookie Wentz for Eagles recent losses

After five NFL games, the brilliance and "veteran savvy" of the Eagles first-year quarterback is falling back to Earth.

EVAN MACY
@evan_macy
evan.macy@metro.us

You can blame the Eagles 27 penalties accumulated over their last two games — both losses.

You can blame the actions of Lane Johnson, whose suspension has hampered the Philly offensive line.

You can blame the fact that there is more tape on the Doug Pederson offense after the Birds' 3-0 start.

But don't blame Carson Wentz for the Eagles' recent slide.

The Wentz Wagon took off when the Eagles looked like a Super Bowl contender — out of nowhere — under the leadership of the rookie signal-caller from North Dakota.

And not surprisingly, the last few weeks have been filled with nothing but love for the confident but quiet Wentz. Reporters visited his hometown in the midwest. National football pundits called him the real deal. And the NFL made him their rookie of the month in September.

But he's 23 years old, and the NFL is a tough, unrelenting league.

"I have to be better, especially late in the game," Wentz said Sunday after Philly's Week 6 loss in Washington. "Any time offense has the chance to win at the end of the game and you come up short, it's frustrating. I put that on myself and we have to get better, and it's one of those things I have to go back and watch the tape and really critique. We'll be back, we'll be better."

In the Eagles Week 5 loss in Detroit, the Wentz had two chances in the 24-23 setback to lead his team to victory.

In Sunday's loss, Wentz had the football and was driving downfield late in the fourth when he went down on back-to-back sacks, all but assuring a Washington victory.

"I've got to get the ball out," Wentz said. "I can't take those sacks and that's definitely on me, you know? The line gave me time on both of them. Those are things I just have to learn."

It says a lot about Wentz that it has taken this long for Eagles fans and prognosticators to pick out some rookie flaws in his game. But his performance late in close games — the interception thrown against the Lions and the sacks against the Redskins — show his age.

"That's the thing about just understanding situational football," Pederson said of the sacks that put the Eagles in a fourth-and-24 with just under two minutes to go. "These are the things with young quarterbacks that sometimes you kind of lose sight of in the heat of the battle. Carson understands that and he knows that. And then on the last one, you just can't put yourself in that situation."

Still, Wentz's maturity is hard to ignore, and will once again be put to the test when the undefeated Vikings come to down next Sunday afternoon.

"That's the type of guy that Carson is. He's hard on himself," the coach said. "And he understands that those situations — he can't take those sacks obviously in those situations. He knows that. The ball has got to come out."

After the losses, Wentz didn't pass the buck. He didn't spout generalities or reject the premise of questioners inquiries. Instead he took the blame for what he did wrong in the loss.

"When he takes ownership that way, the guys really do understand and see that this is a kid that you can rally around and support because he's a tough kid now and he's going to stand there and take a lot of shots. And rightfully so," Pederson said. "Yeah, the guys take notice of that."

• GOOD CREDIT • BAD CREDIT • NO CREDIT • REPOS • DIVORCE • BANKRUPTCIES • CHARGE-OFF'S • GOOD CREDIT

The Credit Professionals At

FAIRLESS MOTORS

Se Habla Espanol!
$0 DOWN!*

In business for over 30 years.
We will NOT be undersold!

435 LINCOLN HWY,
FAIRLESS HILLS, PA

We Buy
Clean, Used
Cars

2011 NISSAN MURANO

Leather $336/Month

2008 INFINITI G35X

Navigation! $199/Month

2008 JEEP WRANGLER UNLIMITED X

Convertible! $259/Month

2011 TOYOTA CAMRY SE

Navigation! $169/Month

2013 INFINITI JX35

Loaded! $427/Month

2014 NISSAN ROGUE SV

Back Up Cam! $259/Month

2009 DODGE CHALLENGER R/T

32K Miles! $329/Month

2014 CHRYSLER TOWN & COUNTRY

TV/DVD! $276/Month

2016 HYUNDAI SANTA FE SPORT

AWD $276/Month

2015 DODGE CHARGER SE

Like New! $259/Month

2014 CHEVY IMPALA LTZ

Moon Roof! $321/Month

2013 CADILLAC XTS

Loaded! $382/Month

2010 MERCEDES-BENZ S 550

Loaded! $499/Month

2016 CHRYSLER 300C

Leather! $349/Month

2011 FORD EXPEDITION LIMITED

3rd Row! $349/Month

2011 NISSAN MAXIMA SV

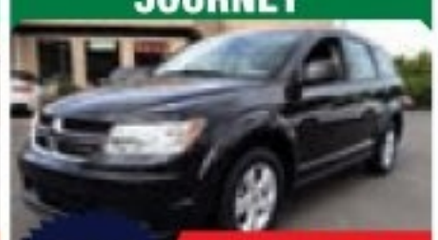
Leather! $169/Month

2015 HYUNDAI SONATA SE

Like New! $184/Month

2010 MERCEDES-BENZ ML 350 4MATIC

Loaded! $299/Month

2011 DODGE JOURNEY

3rd Row! $199/Month

2013 TOYOTA COROLLA

Bluetooth $169/Month

2011 NISSAN ARMADA PLATINUM

Loaded! $397/Month

2012 TOYOTA SIENNA LE

Like New! $267/Month

2009 CADILLAC ESCALADE

Leather $427/Month

2015 NISSAN ALTIMA S

Keyless Go! $199/Month

2014 BUICK VERANO

Backup Cam! $215/Month

ALL VEHICLES FAIRLESS MOTORS CERTIFIED

1-888-251-4312

Special incentives for SEPTA, hospital and postal workers! Used Car Leasing Now Available.

PAYMENTS AS LOW AS $99.00 PER MONTH!*
$500 OFF WITH THIS AD! NO GIMMICKS!

24 HOUR HOTLINE: 1-800-205-0068 • www.FairlessMotors.com

*$0 down and monthly payments of $99 on select vehicles. Monthly payments reflect 2.99% APR for 72 months with $2000 down. Tax, tags and fees extra.

• CHARGE-OFF'S • GOOD CREDIT • BAD CREDIT • NO CREDIT • REPOS • DIVORCE • BANKRUPTCIES •

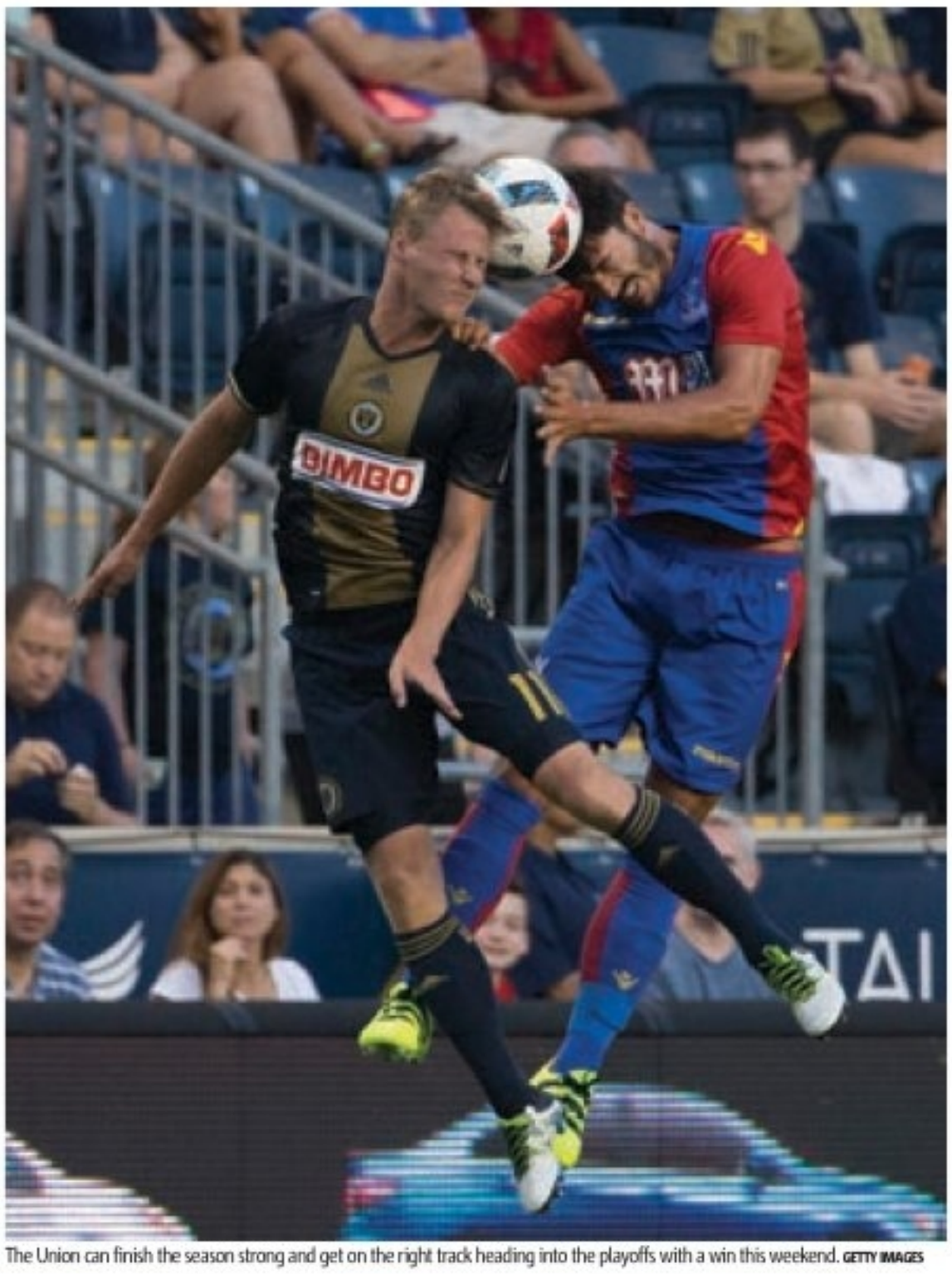
PAID VOLUNTEERS NEEDED
for Clinical Studies

Testing New Skin Care Products for

- Acne
- Rosacea
- Psoriasis
- Age Spots
- Facial Wrinkles
- Dry Skin

KGL
SKIN STUDY CENTER

For More Information Call:
610-544-1715
www.kglskinstudycenter.com



The Union can finish the season strong and get on the right track heading into the playoffs with a win this weekend. GETTY IMAGES

Union are stumbling into postseason — and aren't excited about it

The Union will earn the No. 5 or 6 seed in the upcoming MLS Playoffs.

JEFF MCMENAMIN
@Jeff_McMenamin
sports@metro.us

There was very little celebrating from the Union (11-13-9) fan base on Sunday at Talen Energy Stadium. After suffering an embarrassing 2-0 loss to Orlando SC (8-11-14), which included an own goal and putrid offense, the Union will stumble into the playoffs as the fifth or sixth seed in the Eastern Conference depending on their finish this Sunday against the top-seeded New York Red Bulls (15-9-9).

"Marginally, it is nice to know we are in," Union defender Keegan Rosenberry said, "but at the same time, I don't think anybody draws it up getting in with a 2-0 loss."

Had the New England Revolution (10-14-9) won on Sunday, the Union would be sweating it out this week, unsure of their postseason fate.

As it stands, the Union will make the playoffs for the first time since 2011 as a franchise, ending the longest drought in the MLS.

In what should be a time to celebrate, the Union, who haven't won a match since Aug. 27, limped heavily into the playoffs and morale isn't too high among the team or supporters at the moment.

"It feels funny," Union manager Jim Curtin said, regarding the achievement. "I don't know how to feel because you don't feel good about it. Because we know we can do better on the field."

The Union will also finish below .500 for the second-straight season and again finish in the bottom half of the combined standings.

"Some people analyze it and say that [we] came up small, or didn't take advantage, or should have finished in first place," Curtin said. "It's fickle. We were getting better and we're in a tough patch right now."

Sunday's match against the Red Bulls will air at 4 p.m. on the Comcast Network.

DONATE PLASMA FOR RESEARCH

WE PAY $200

Seeking people with an autoimmune condition; Lupus, PBC, Scleroderma, Myositis, Vasculitis or infectious disease; EBV / Mono, Lyme disease or Zika

Plasma is needed to help diagnose, treat and prevent diseases.

Plasma Services Group at 215-355-1288 x 306

MEDICAL RESEARCH

To advertise call Jennifer Lydon at 215-717-2694 or email jennifer.lydon@metro.us

LEGAL SERVICES

To advertise call Erin Thomson at 215-717-2691 or email erin.thomson@metro.us

Do you have Psoriasis?

YOU MAY BE A CANDIDATE FOR A CLINICAL RESEARCH STUDY

We are currently enrolling qualified participant in a clinical research study with a new investigational drug. To qualify, you must be 18 years of age or older with plaque psoriasis; other restrictions may apply.

Health Insurance is not needed to participate and you may receive compensation for time and travel. Eligibility is determined at time of initial visit.

For more information, please call:
PADDINGTON TESTING CO., INC

215-563-7330

Children Needed for Nutrition Research Study

The University of Pennsylvania is seeking children (ages 7 to 9) and their mother to participate in a nutrition research study. Children will be asked to eat breakfast, lunch, and dinner in our Center once a week for two weeks. Each visit will last from 8:00AM until 5:30PM. Children will also be asked to have their body measurements assessed on two separate occasions.

All meals and compensation ($355) are provided.

Call (215) 746-7188 for details

Penn
University of Pennsylvania

Medical Mistakes

Cerebral Palsy
Birth Injury
Amputations
Cancer Misdiagnosis
Surgery Mistakes
Hospital Death

Harvard & Yale trained Doctor-Lawyer

- Over $100 million recovered as co-counsel
- Named one of 2014, 2015 Super Lawyers by publisher of Philadelphia Magazine

www.tymdjd.com

Law Offices of Tai Y. Wong

215-592-9750

Free Initial Consultation. No Recovery-No Fee

1101 Market Street, Aramark Tower Suite 2820, Philadelphia, PA 19107

CANCER MEDICAL MALPRACTICE DEFECTIVE PRODUCTS

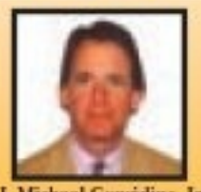
Evaluations by Attorney named top 1% of attorneys nationwide, PA Super Lawyer, and Life-time member of Million Dollar Advocates Forum.

Millions of Dollars Recovered for Injured Clients

Emmanuel Law Firm, LLC
Two Penn Center, 1500 JFK Blvd.
No Recovery-No fee/Free Consultations
Home/Hospital Visits

215-567-0493
Call or email us today
www.emmanuellawfirm.com

THE LAW FIRM THAT PUTS THE CLIENTS FIRST



J. Michael Considine, Jr.
Admitted in PA & CO

PERSONAL INJURY
ACCIDENTS
WRONGFUL DEATH

Call J. Michael Considine, Jr.

215-564-4000

1845 Walnut St., #1300, Phila, PA 19103
Good Communication Courage and Integrity

MANY YEARS OF EXPERIENCE MANY GREAT RESULTS

SLIP AND FALL

Our Law Firm handles all ***FALL DOWN*** Claims

Free Consultation 24/7

215-268-7800

1617 JFK Blvd., Suite 355 Philadelphia, PA 19103

SLIPANDFALLGUYS.COM

INJURED AT WORK?

WE WILL FIGHT FOR YOU

- WORK INJURIES
- SOCIAL SECURITY DISABILITY

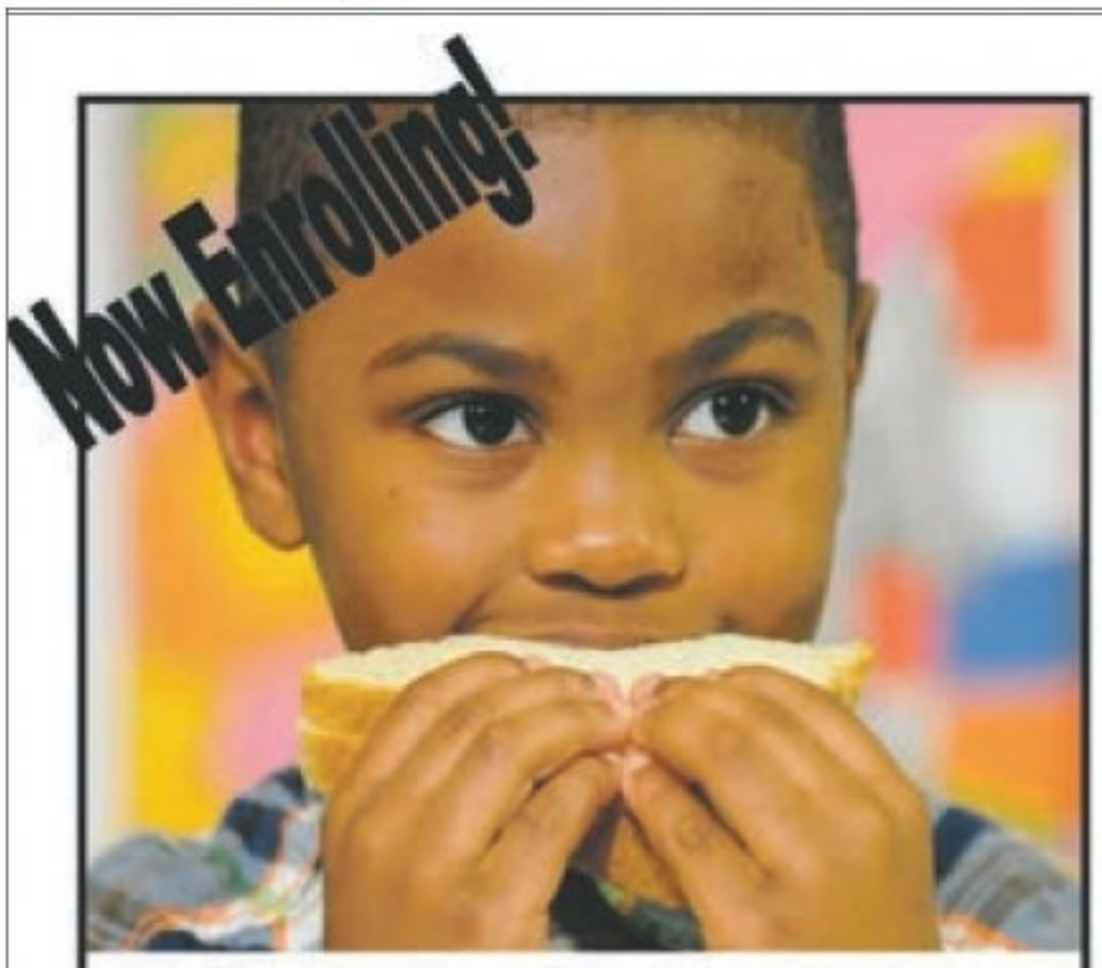
FREE CONSULTATION • SE HABLA ESPANOL

215-546-4208

ADAMS RENZI AR LAW

CALL CHRISTY ADAMS, ESQ • ADAMS RENZI LAW

CENTER CITY • 1429 Walnut St. NORTH PHILA. • 227 W. Lehigh Ave.



CALL 215-707-8383

Compensation provided

- **Who:** Mothers of 3– to 5– year-olds
- **What:** You and your child will be invited to eat dinner, as well as complete questionnaires on child feeding, family background, income , and education.
- **Where:** CORE at Temple University, located at Broad and Allegheny

TEMPLE UNIVERSITY

This information is approved by Temple University for public display and is associated with project #

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

JOBS

General Help Wanted

Paratransit Drivers Wanted

Requires knowledge of Philadelphia and surrounding areas.
Must be 23 yrs. of age or older and possess a valid PA driver's license for 3 yrs.
Must have a clean criminal and motor vehicle background and pass drug/alcohol screening.

Paid Training and Benefits.

Apply In Person or Go To: www.EdensTransit.com

Edens Transit

Call Edens Transit Monday-Friday

215-992-8000

The U.S. Census Bureau is Hiring for Field Representatives/Supervisors
in the Philadelphia Metro area.

If you are customer focused, self- motivated and have excellent communication skills, please call **(1.800) 563.6499** for more information and to be scheduled for a testing near you.
The Census Bureau is an Equal Opportunity Employer and provides reasonable accommodations to applicants with disabilities.

PSYCHICS

Mr. SAIDOU

International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.

Call 516-206-8543 and 646-339-9948
www.spiritualsaidou.com

SHEIKH MANSOUR

INTERNATIONAL SPIRITUAL HEALER WITH BORN GIFTED POWER AND EXPERIENCE

Super natural gifted man who helps both internal & external matters in marriage, love, court, business, luck, gambling, protection, returning love one back.

EXPERT IN ALL OCCULTIST HUMAN PROBLEMS.
ONLY ONE VISIT WILL LEAD YOU TO THE RIGHT PATH!
CALL NOW FOR JOY!
RESULTS IN A FEW DAYS
GUARANTEED 100%
Call 347-261-0226

CARS

Vehicles Wanted

WE BUY JUNK CARS!
Top dollar paid in CASH!
Free pickup!
Call: 609-851-2980 or 215-730-0900

WE BUY CARS & TRUCKS (any condition)
$100--$5000
CASH PAID
FREE TOWING
SAME DAY PICKUP
267-229-1970

$$$ UP TO $1100.00 $$$
For Cars w/Bad Engines w/ or w/out title
500.00 CASH $$$
For Any Junk Cars or Trucks
215-669-1000

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

REAL ESTATE

Real Estate for Sale

House For Sale
$628.05 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

Real Estate Wanted

WE BUY UGLY HOUSES.®
HOMEVESTORS® AMERICA'S #1 HOME BUYER
1-800-301-3223

SERVICES

CA$H PAID
FOR DIABETIC TEST STRIPS!
ABSOLUTE TOP VALUE
MOST BRANDS ACCEPTED
PAY UP TO $50 PER BOX
WE PICK UP
Call James 610-453-2525

DIVORCE
$250 Complete!
Uncontested, No-Fault, Mutual Consent
215-219-2520
Document Prep Service, Not a Lawyer

WE BUY DIABETIC TEST STRIPS CASH PAID
1802 E Allegheny Ave
215-425-7897

Mitchell Test Strips INC
We buy Diabetic Test Strips
We pay the highest prices
GUARANTEED • We will pick up.
CALL #215.820.4312

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

ITEMS WANTED

NEED CASH?
$ BUYING Diabetic Test Strips, Nicotine Patches/Gum PAYING up to $50/Box $
215-425-7897
Drop off at 1802 E. Allegheny Ave. Phila

CASH FOR DIABETES TEST STRIPS
Up to $35/box!
Payment made SAME-Day
We Receive Your Strips!
Call **Kerri** for a Quote Today!
800-413-3479
www.CashForYourTestStrips.com

metro CLASSIFIEDS
To place an ad call **866-900-9473** or visit us at **www.metro.us**
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

Rentals

UPPER DARBY! RENT SPECIALS!
APARTMENTS AVAILABLE NOW!
Studios, 1 and 2 bedroom.
Heat, gas, & water included.
$550-$810
1/2 OFF SECURITY
PLEASE CALL: 610-734-2360

SERVICES

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-255-0353

$$ CASH PAID $$
BUYING NICOTINE PATCHES / GUM and Diabetic Test Strips
We Pickup
215-395-7100

ENTERTAINMENT

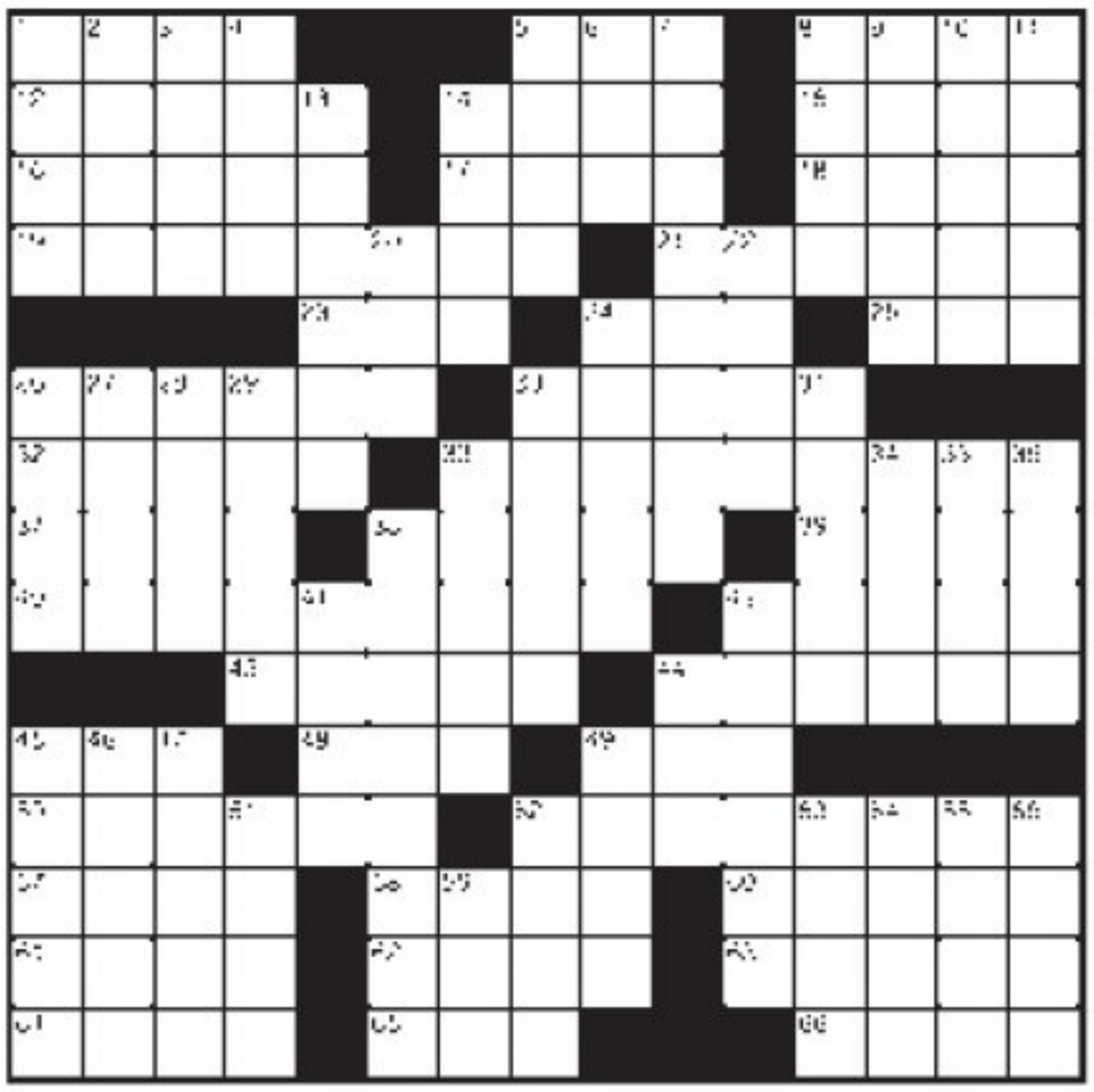
metro CLASSIFIEDS
To place an ad call 866-900-9473

metro.us/games

metro.us/crossword

Across
1 Footnote abbr. (2 wds.)
5 Drop behind
8 Stole
12 Curio
14 BMW rival
15 Story-telling dance
16 Coliseum
17 Bubble
18 Nile wading bird
19 Linebackers, often
21 Swiss financial hub
23 Tolstoy's name
24 "-- Rheingold"
25 Large green parrot
26 Kind of year
30 Onetime Trevi Fountain coins
32 Earthenware pots
33 Godsends
37 Caboose's spot
38 Titled ladies
39 Summit
40 Hidden agenda (3 wds.)
42 Like gingersnaps
43 Pillages
44 Arctic canoes
45 -- Mahal
48 Some MDs
49 Santa's helper
50 Chihuahua chums
52 Returned (2 wds.)
57 Rinse off
58 Sourdough strikes
60 Gruff
61 Toddler perch
62 Bona --
63 Mary -- Moore
64 Lip, slangily
65 Hostile party
66 Lobby furnishing

Down
1 Q.E.D. part
2 Trillion, in combos
3 Guinness or Baldwin
4 Bit of chain
5 Jorge -- Borges
6 Wood-shaving tool
7 Bird stomachs
8 Hum
9 Cube inventor
10 Mrs. Kramden
11 Harem head of yore
13 Showy lilies
14 Huge hairstyle
20 Sushi fish
22 Mil. branch
24 Enjoyed a repast
26 Town meetings
27 Holly shrub
28 Chair-back piece
29 Wassailers' tune
30 Sketches
31 Maudlin
33 Stands in line
34 Han Solo's love
35 Shortage
36 The -- the limit!
38 Delivers (2 wds.)
41 Disco dancer (hyph.)
42 Least risky
44 JFK lander
45 Gives a lecture
46 Fridge maker
47 Fast-talks
49 Soothe
51 A few thou
52 Yield territory
53 Super deals
54 A Guthrie
55 Musical symbol
56 Sedgwick of the screen
59 "Blame It on --"



metro.us/sudoku

easy

4			3		2	7		
7	5						3	
		6		9				4
		1		6	5		7	
6								5
	3		1	4		8		
1				3		5		
	8						4	9
		7	6		9			2

hard

							1	4
				5		2	7	3
			1			9		
	5			6	9			1
9		6	4	1	3	7		2
1			5	7			4	
		9			7			
6	7	5		4				
2	4							

metro.us/horoscopes

Aries Be receptive to new ideas, but reluctant to follow someone with a bad track record. It's up to you to conduct your due diligence before entering into a partnership.

Taurus Money matters should be dealt with carefully if you want to avoid loss. A physical challenge will help clear your head enough for you to find a unique solution.

Gemini Emotions will surface quickly, leaving you in an awkward position. Nurture important partnerships before the situation spins out of control.

Cancer Gravitate toward the unusual and do things that allow you to use your creativity. Walk away from no-win situations and people who are spoiling for a fight.

Leo Keep emotional matters in perspective and stay focused on what you can do to make things better. Home improvements will lead to personal benefits.

Virgo Test your skills before you go public with a project. Do a little fine-tuning to avoid criticism. Problems with a loved one will surface if you aren't attentive.

Libra Your ideas are interesting. Make sure you pay attention to every little detail to avoid a costly mistake. Rely on your experience and call in experts when in doubt.

Scorpio Discuss important matters with discretion. Giving personal information to the wrong person will come back to haunt you.

Sagittarius Lead the pack instead of standing in the background. Speak up, air your views and don't worry about being opposed by someone jealous of your charisma and skills.

Capricorn Live, learn and experience. It's important not to judge what others do, but to focus on the best way to improve your skills, knowledge and expertise.

Aquarius Money matters can be addressed and contracts can be negotiated. You stand to make gains if you stick to your principles and honor your promises.

Pisces Don't feel pressured to make a decision. Walk away from anyone using emotional blackmail to coerce you into something that doesn't feel right. EUGENIA LAST

Yesterday's answers

Can't wait until tomorrow to check your answers? Visit metro.us

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Philadelphia 30 S. 15th St., Philadelphia, PA 19102 • **main** 215-717-2600 • **to advertise** 215-717-2695 • **Press releases** pressrelease@metro.us • **Associate Publisher** Susan Peiffer • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** adsphilly@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Frank Burgos, frank.burgos@metro.us • **Web Editor** Cristabelle Tumola, cristabelle.tumola@metro.us • **Senior Editor** Gary Kane, gary.kane@metro.us • **Art Director** Julianne Aerts, julianne.aerts@metro.us • **Sports Editor** Evan Macy, evan.macy@metro.us • **National Features Editor/Style Editor** Tina Chadha, tina.chadha@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us **Going Out Editor** Eva Kis, eva.kis@metro.us • **National Music Editor** rachel.raczka@metro.us • **Philadelphia Features Editor** Jennifer Logue, jennifer.logue@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us

Certified Audit of Circulations CAC

ADOLESCENT DEPRESSION

Parents, does your adolescent have symptoms of depression, such as persistent sadness, irritability or lost interest in friends or activities?

If so, please call the Hassman Research Institute about participating in our research study of an investigational drug for adolescents with depression.

Qualified participants must: • Be an adolescent under the age of 18 • Be currently experiencing depression symptoms

Insurance is not required to participate in our study, and all study-related care and study medications are provided at no charge. Transportation and compensation may be available.

For more information, call toll-free 866-404-2828 or visit HRITrials.com

Do you have bipolar disorder?

Are you currently experiencing depression?

If so, please contact HRI Trials today about research studies of investigational medications for bipolar depression.

Qualified participants must:

• Be at least 18 years of age • Currently experience symptoms of Bipolar disorder

Qualified participants receive:

• All study-related evaluations and study medication at no cost

• Compensation up to $600.00 for time and travel

For more information, call 866-350-6464

DEPRESSED?

Are you treating your depression with medication? Are you still feeling depressed?

If so, please call Hassman Research Institute about participating in our research study of an investigational drug for adults with treatment-resistant depression.

Qualified participants must: • Be 18 or older • Be taking prescribed antidepressant medication

Be currently experiencing a depressive episode

Insurance is not required to participate in our study, and all study-related care and study medications are provided at no charge. Transportation and compensation up to $7,500 for time and travel may be available.

For more information, call toll-free 866-264-4545 or visit HRITrials.com